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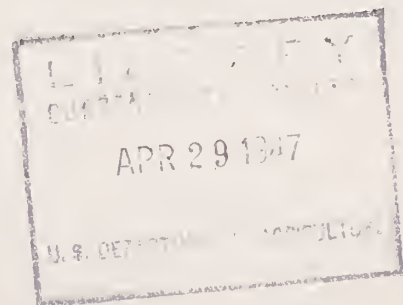


# Radio Round-up

A weekly service for Directors of  
Women's Radio Programs

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U. S. Department of Agriculture  
Radio Service

Address inquiries to:

Information Service -- Southwest Area  
Production & Marketing Administration  
U. S. Department of Agriculture  
423 Wilson Building, Dallas 1, Texas





## EASTER HONEY

Honey-for-Breakfast-Week is being given annual billing by the honey industry starting Easter Sunday morning.

Stocks of this sweet are still light over the country, but by shopping around you'll find a supply in an occasional store. The market trend in prices has been downward for some weeks, and this market condition has brought out small additional stocks of honey in many localities.

### New crop supplies...

Not in time for the Easter week celebration, but soon thereafter, new crop honey will be extracted in the Southern States. The first of the new crop ...citrus honey...will come from Texas and Florida. In May, we'll get orange and sage honey from southern California. And by early summer, there'll be alfalfa and desert honey from Arizona and tulip poplar honey from the Southern States.

## "C" AS IN STRAWBERRY

Those luscious-looking fresh strawberries you're probably seeing in the market in small supply these days will do more than please your taste buds... a generous serving will, on the average, supply the recommended daily quota of vitamin C. That's the report recently made on a study by plant scientists of USDA.



### Varieties differ...

The variety of the berry and the weather conditions under which it's grown both affect the ascorbic acid content. Scientists analyzed 44 varieties and found that the one testing highest had about 2-1/4 times as much as the variety lowest on the scale.

Two of the more important commercial varieties...Marshall and Catskill... and five of the less important or new varieties...Redheart, Gandy, Fairpeake, Fairmore and Tennessee Beauty...all have high vitamin C content. They differ in other respects, however...in color, sweetness and firmness of flesh...so you can't judge by the appearance or flavor of the berry.

### Ripeness counts...

It's interesting to note that there's little difference in the amount of vitamin C between strawberries picked early in the season and those picked near the season's end. However, the amount of vitamin C can be increased by letting half-red berries ripen for a day or two before serving...even after they've been picked. If they're allowed to ripen on the plant, that's even better.

## FROZEN-FOOD LOCKER PLANT EXTENSION

The way to describe the growth of the frozen-food locker plant business in the United States between 1943 and 1946 is by the use of that good old phrase..."Leaps and Bounds". They increased from 4,600 in 1943 to 8,000 in 1946.

### Still growing...

And as materials and equipment are available, more new ones are being opened and many old ones are being enlarged. A total of about 13 million persons are now being served.

The average number of patrons per plant has jumped too...from 285 to 414, an increase of 44 percent in the three years. These figures are given in a recent survey by USDA's Farm Credit Administration. It certainly shows a tremendous interest in freezing as a method of food preservation.

### Mostly in farm areas...

Where are these plants located? Well, the survey shows that farmers were the chief users, the proportion being three out of four. Therefore, most of the plants are convenient to farming communities.

The largest number of locker plants are located in the North Central and Pacific Northwest States, but the Eastern and Southern regions have shown the greatest percentage gain in numbers since 1943.

In addition to the processing and freezing of poultry, fruits and vegetables, other services seem to be on the increase...such as custom slaughtering of meat animals, curing pork, and rendering lard.

### Statistical size-up...

In case you're interested in a few more figures...the survey shows that the average plant now holds around 500 lockers, 52 percent more than in 1943. All plants together have space for approximately four million lockers and can store almost 1-1/2 billion pounds of food.

The usual proportion is nine pounds of meat to one pound of fruits and vegetables. Of the lockers installed, 99 percent were rented. Many plants were 100 percent rented and had waiting lists.

### Locker plant plus farm freezer...

In this connection, the suggestion has been made by household equipment specialists of USDA that a combination plan might be suitable for many farm families. That is, a plan whereby they combine rented locker space with a small home freezer, thus gaining the advantage of both.

According to Miss Lenore Sater, head of household equipment research in the Department of Agriculture's Bureau of Human Nutrition and Home Economics, home freezing has certain advantages over the locker plant. Chief among these are convenience and greater assurance of quality in frozen fruits and vegetables. Disadvantages are higher cost and more danger of food loss if any breakdown occurs in the power lines or refrigerating system.

#### Home freezer use...

Miss Sater points out that a small home freezer of about six cubic feet would be satisfactory for the average family of four, supplemented by three lockers in a community plant...plus the use of plant facilities for freezing meat.

The home cabinet with separate freezing compartment would probably provide capacity for freezing the quantity of fruits and vegetables maturing each day, and for storing them until they could be taken from the locker.

When the growing season is over, the cabinet would provide ample home storage for a number of packages of each type of food frozen and space for freezing leftover and cooked foods. It's likely that trips to the locker could be considerably cut by use of the home equipment.

#### Higher quality food...

According to the Bureau, this combination plan would cost the family only a little more than if they depended entirely on the locker plant. In return, they'd get higher quality fruits and vegetables due to more rapid handling from garden or orchard to the freezer. Also, there would be the added convenience and satisfaction of keeping an ample supply of frozen foods at home.

### NEW SUGAR RATIONING ADMINISTRATION IN USDA

A sugar rationing administration has been set up within the Department of Agriculture, it was announced on April 1 by Secretary of Agriculture, Clinton P. Anderson. Its purpose is to carry out the functions assigned to the Secretary by the Sugar Control Act of 1947. He will, in effect, carry out responsibilities similar to those formerly vested in the OPA Administrator.

#### Present regulations continue...

All present regulations governing sugar rationing are to remain in effect unless and until modified or rescinded by the Secretary. Sugar rationing books will continue in use in accordance with the provisions already announced. It might be well for you to warn your listeners to preserve these books.

And, as you know, Spare Stamp 11 in Book 4 became valid on April 1 and is good for 10 pounds of sugar ... instead of five. We suggest you remind homemakers occasionally that this extra allotment of sugar must cover home canning needs as well as regular household needs. No special canning sugar stamp will be validated this year.



## FACTS AND FIGURES RE FOREST FIRES

Here's a follow-up on last week's story about the 1947 cooperative fire prevention program. You may like to use some of these statistics from time to time as program material. Such information has a definite place in women's programs since women have a real responsibility for observing safety rules. Furthermore, they can help to instruct the young people in safety measures.

### Forest products needed...

USDA's Forest Service tells us that this year our forests and woodlands will be called upon to furnish:

37 billion feet of lumber for homes and other uses  
20 million hewn crossties for the country's railroads  
18 million cords of pulpwood for paper and plastics  
6 million poles for power and phone service

### Last year's loss...

You might like to contrast these needs with some figures on the losses from forest fires during 1946. Incidentally, the terrible truth is that 90 percent of all forest fires are caused by thoughtless people through plain carelessness. They're started by campers, hunters, fishermen, travelers, farmers, ranchers, loggers...by men, women and children...average Americans who live in or near forest and woodland areas, who work in or near them, or who visit them.

In 1946 there were over 575 forest, woods and range fires a day, which destroyed millions of feet of valuable timber, huge areas of rich grazing land and thousands of animals. In money value these fires destroyed over 30 million dollars worth of timber...enough to build more than 215,000 five-room homes, enough for 90 million railroad ties, enough for over five million tons of newsprint.

### Fire-prevention rules...

Here are four simple fire-prevention rules which the Forest Service hopes everybody will observe when they're in the open, and in that way cut down on this tremendous loss of our natural resources:

- (1)... Hold your match until it's cold...then pinch it to make sure.
- (2)... Crush out your cigarette, cigar, pipe ashes. Use an ashtray. Never throw burning objects from a car window.
- (3)... Drown your campfire, then stir and drown again.
- (4)... Ask about the law...and a permit...before burning grass, brush, fence rows or trash. Then follow safe rules...don't burn when it's dry or windy...have help handy...kill every spark!

## NEW MARKETS FOR DRY MILK

While the United States leads the world in milk production, it ranks thirteenth in per capita milk consumption. This is partly due to poor distribution. Use of milk is relatively high in our thickly populated areas, but many sparsely settled communities...especially in the South and Southwest ...are far from fresh milk market centers.



### A successful experiment...

As an experiment in better nutrition, the U. S. Department of Agriculture purchased and distributed nonfat dry milk solids to a number of schools participating in the national school lunch program. The dry milk went to four schools in each of eight States, and only to schools unable to obtain fresh fluid milk in their areas.

The dry milk, reconstituted with water and served as a beverage during lunch, was so well received by the children that many more schools in milk deficit areas plan to use the dry milk in their lunch programs.

Nonfat dry milk came into prominence during the war. Dairy farmers were asked to increase their production of milk and to sell it "whole" rather than to sell just the cream. Processors could then use the butterfat for cheese and butter, and the skim milk remaining was dried for export to our armed forces and to our allies.

### Production goes up...

Production of this dried milk increased from 322 million pounds in 1940 to 638 million pounds in 1946. At least half of the nonfat dry milk solids went for military and war purposes.

Today that market is gone and new markets must be found for dry milk in order that valuable riboflavin, calcium and protein nutrients will not be wasted. The school lunch program, serving more than eight million children daily, offers a means for expanded use of this food.

## PEANUT BUTTER PROSPECTS

The plentiful food list for April includes peanut butter, as you know... and according to latest reports, there are still enough peanuts from the 1946 crop to provide ample stocks of peanut butter for the country until this year's harvest. Peanut plantings are now under way in Florida, Georgia, Alabama and Texas. By May, Virginia and North Carolina will be starting their plantings. Acreage and production indications seem to be of the record class of last year.

Incidentally, here's a household storage tip. It's a good idea to turn the peanut butter jar upside down occasionally to allow the oil to mix throughout the product. Of course, if there are children around, there isn't likely to be frequent need of turning the peanut butter jar!

#### Easter salad suggestion....

And here's an interesting combination of two plentiful foods...eggs and peanut butter...in a salad you may like especially to suggest for use during the Easter season.

Hard cook six eggs, remove the shell and cut in half. Mash the yolks and blend with 1/2 cup of peanut butter, 1/2 cup mayonnaise, 1 to 1-1/2 tablespoons of lemon juice, 1/4 teaspoon salt and a few dashes of tabasco sauce. Stuff the egg whites with this mixture and serve on a bed of cress, endive or shredded cabbage.

French or mayonnaise dressing may be used on it, or perhaps you might like to suggest that peanut butter salad dressing described in the January 24 issue of RADIO ROUND-UP.

#### '47 FACT SHEET ON GARDENS

We're enclosing with this issue of RADIO ROUND-UP the 1947 Garden Program Fact Sheet, which will doubtless give you some helpful material for programs in which you touch on gardening. Incidentally, because of the limited supply available, only the women's radio program directors will receive this fact sheet.

#### Two purposes...

While spring gardening already is under way in some parts of the country, there will be continuing need for stressing the importance of home gardening. As you may know, this year's program is doubled-barreled...calling for both home food gardening and improvement of home and community grounds. Naturally, during the war years, we had to concentrate on gardening for food production. Now that the emergency pressure of the past few years has been relieved, the home gardener can devote more time and effort to lawns, flowers, shrubs and trees.

The Garden Program Fact Sheet gives many of the reasons behind the 1947 program...explains the improvement in nutrition that will result...suggests ways to begin a garden program in the community...points out the importance of improving home and community grounds...outlines the garden leader's job...and suggests timely garden topics for press, radio and discussion groups.

#### Background data...

President Truman's statement regarding the importance of home gardening is included in the Fact Sheet. So are comments by Secretary of Agriculture Clinton P. Anderson, Federal Security Administrator Watson B. Miller, and Richardson Wright, national garden authority.

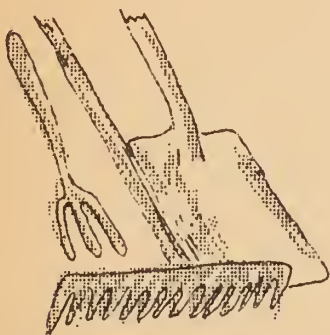


Further information about the 1947 Garden Program can be had from your local county agricultural agent or your State Agricultural Extension Service, as well as from the garden leaders and planning officials in your own community. General information may be had by writing the Director, National Garden Program, U. S. Department of Agriculture, Washington 25, D. C.

### TIPS ON GARDEN TOOLS

Here's another in the series of suggestions about home gardening from the garden specialists of the U. S. Department of Agriculture. Tell your listeners they say it's better to have a few simple, lightweight, substantial tools than to buy a lot of poorly designed equipment made of cheap or low grade materials.

#### What's needed...



For a small garden, the following supplies should be sufficient: A shovel or spading fork with a long handle, a steel bow rake, a 7-inch common hoe with socket handle fitting, a strong cord for laying off rows, and enough garden hose to reach all parts of the plot. In transplanting, a trowel is useful but not essential. If the soil is properly prepared, plants can be set out more easily with the hands alone than with a trowel.

If the garden is larger than 2,000 square feet, a sturdy wheel hoe will be found a worth while investment. This will take care of most work done with a common hoe...with much less effort. The single wheel type is probably the easiest to handle although some gardeners prefer other useful styles.

#### Tool care...

Homo gardeners should remember that tools should be thoroughly cleaned after each use...they should be wiped with an oiled rag to prevent rusting. Hand hoes as well as wheeled implements should be kept sharp so that good work can be done with little effort.

### BEST FRESH FOOD BUYS

Carrots are the best fresh food buy at key southwest markets this week, according to U. S. Department of Agriculture's Production and Marketing Administration. Abundant supplies provide outstanding food value at reasonable cost. Other good vegetable buys include cabbage, potatoes, turnips and local greens.

First fruit choice is grapefruit, followed by oranges and lemons.

"Best buys" at key markets...

COLORADO: Denver.....apples, grapefruit, small oranges,  
asparagus, carrots, lettuce, onions,  
parsnips, Irish potatoes, spinach

MISSOURI: Kansas City.....cabbage, cauliflower, carrots, head  
lettuce, collard greens, asparagus,  
rhubarb, grapefruit, homegrown turnips,  
sweetpotatoes

LOUISIANA: Baton Rouge.....oranges, grapefruit, Irish potatoes,  
cabbage, carrots, lemons, lettuce

New Orleans.....white grapefruit, onions, cauliflower,  
Irish potatoes

NEW MEXICO: Alamogordo.....turnips, cabbage, onions, radishes,  
carrots

Gallup.....Irish potatoes, onions, bananas

OKLAHOMA: Ada.....carrots, turnips, cabbage, green onions,  
tomatoes, cauliflower, grapefruit,  
radishes, sweetpotatoes

Lawton.....green onions, green peppers, pears  
cauliflower, beets, lettuce, spinach,  
cabbage, turnips, carrots, rhubarb,  
apples, oranges, lemons, grapefruit  
bananas

Oklahoma City....apples, beets, carrots, lemons,  
lettuce, onions, Irish and sweet  
potatoes, rhubarb, turnips

TEXAS: Amarillo.....white grapefruit, lettuce, Irish  
potatoes, onions, cabbage, cauliflower,  
spinach, carrots, beets, turnips,  
rutabagas

Austin.....cabbage, yellow onions, Irish potatoes  
carrots, turnips, lettuce, spinach,  
lemons, Texas grapefruit

Dallas.....oranges, grapefruit, Irish and sweet  
potatoes, cabbage, carrots, local  
greens

Fort Worth.....bunched carrots, spinach, cabbage,  
grapefruit, oranges

Houston.....Irish potatoes, cabbage, carrots, onions,  
spinach, Texas citrus, beets



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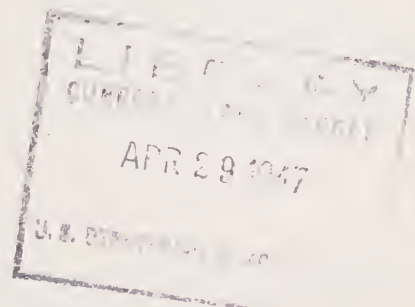


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## CHANGES IN HOME CANNING INSTRUCTIONS

There's some news about canning just released by USDA's Bureau of Human Nutrition and Home Economics...changes in the times of processing certain foods.

### It's the season...

You'll want to include this information in broadcasts in which you discuss home canning...and some of you are already talking about that, no doubt, depending on the part of the country you live in. If you haven't come to the subject yet, we suggest you file this information carefully in the home canning folder, for reference at the proper time.



It is extremely indefinite as to when a new home canning bulletin will be issued by the Department...the reason, printing fund problems. Therefore, we'll keep you posted about the changes in regard to specific foods as the canning season advances.

### Processing time...

Asparagus and garden peas come first on the home canning schedule in many households, so those are the two vegetables we're talking about right now. The new and improved directions for canning are based on three years of intensive scientific study of home canning low-acid vegetables and meats...as the job is done in home kitchens and in family-sized steam pressure canners.

For pint jars, the processing times recommended are now shorter than in the past, and this means the vegetables will look and taste better. For asparagus home-canned in quart-sized jars, longer processing has been found necessary to insure the food keeping.

### Equipment...

The research scientists stress the necessity of using a steam pressure canner for low-acid foods. This is the only practical method of guarding against the serious food poisoning known as botulinus. The directions given are for this method of canning only, it should be emphasized, since the processing times given may not be long enough for food prepared and packed by some other method.

### Asparagus...

Wash asparagus, trim off scales and tough ends and wash again. Cut into one inch pieces. Cover with boiling water and boil two or three minutes. Pack hot asparagus to 1/2 inch of top of glass jars. Cover with hot cooking liquid...or, if liquid contains grit, use boiling water. Leave 1/2 inch space at top of jar. Add 1/2 teaspoon salt to pints; one teaspoon to quarts. Adjust jar lids.

Process in pressure canner at 10 pounds pressure (240 F.)...pint jars, 25 minutes...quart jars 55 minutes. As soon as jars are removed from canner, complete seals if not the self-sealing type.

Green peas...

Shell and wash peas. Cover with boiling water. Bring to boil. Pack hot peas to one inch of top of glass jars. Cover with boiling water, leaving one inch space at top of jar. Add 1/2 teaspoon salt to pints; one teaspoon to quarts. Adjust jar lids.

Process in pressure canner at 10 pounds pressure (240 F.) in either pint or quart jars 40 minutes. As soon as jars are removed from canner, complete seals if not the self-sealing type.

COMMUNITY CANNING...POLISH PROJECT

Community canning projects have become a very important part of the life of many American towns and cities in recent years. Therefore, it may interest your listeners to hear of the introduction of this typically American activity into a European country...and by an American woman.

The country is Poland...the woman, Lula Mae Longoria, a food preservation specialist from Louisiana, who went to Poland under the auspices of UNRRA. She has just returned to the United States, and at a recent meeting at UNRRA headquarters in Washington, D. C., gave an interesting account of her months' work in Poland. That country, as you know, is a center of some of the worst of the wartime devastation.

Recommended by USDA...

Miss Longoria, who was in charge of Louisiana's Community Canning Program, was recommended to UNRRA by the U. S. Department of Agriculture. She went abroad last August to work with the Polish government and establish a program of food preservation.

She found that the idea of community canning was completely new to the Polish people...in fact, they knew very little about the canning of food generally. Poland has been famous for years for meat preservation, but they've done very little in the way of processing other foods. She learned that the small quantity of food preserved commercially was canned by almost primitive methods.

Because of limited refrigeration facilities, chemicals were widely used to preserve the food. Her informants told her that this affected both the flavor and the nutritive value, leading the Polish people to become extremely dubious about the quality of canned foods. The distribution of much American canned food by UNRRA during the war helped to change the attitude of many people.

Established training course ...

A representative of the Polish Ministry of Agriculture...a woman with a background of nutrition study...was assigned to work with Miss Longoria. Forty-seven men and seven women were trained in community canning, and Miss Longoria reports that they were intensely interested in the course.



The pressure canners and other American equipment sent over were entirely new to them, and they were most anxious to become proficient in their use. The government was trying to get the program started before winter, because of the great need for food in orphanages, hospitals and other institutions.

Due to the tremendous war damage, many Polish communities have no facilities for food production or preservation. The government decided to start community canning projects first in such areas. Fuel for power was a necessity, of course, so centers were established in places where this was easily available ...sometimes it was coal, sometimes natural gas. In all, 38 plants were set up, one of them exclusively for the training of workers.

#### Community canning helps rehabilitate country...

The Polish government feels these community canning centers will help carry the country through the difficult years ahead. The terrific wartime damage will not be repaired for a long time to come, but community canning will help solve many of the country's food problems.

Miss Longoria reports that her Polish co-workers know they will sometimes meet opposition to this program. However, she told them she's often seen a lack of cooperation, and sometimes real opposition, in this country. They were encouraged to learn of the methods we Americans used to overcome these difficulties, and wanted her to stay on to supervise the program.

She found the work in Poland stimulating and extremely interesting, but as she was on leave of absence from her job in Louisiana she could not accept this responsibility.

#### GARDEN SOIL IMPROVEMENT

Here's more information from the garden specialists of USDA which you may like to use in programs occasionally, or to keep on hand for answering questions from the gardeners in your audience.

They point out that it's possible for the home gardener to build up poor garden soil by use of manure, compost, fertilizer...and in many cases, lime. Manure and compost make the soil easier for plants to grow in, and easier for the gardener to work. Also, they add plant food. Chemical fertilizers do this too.

#### The compost pile...

Most garden soils can be improved with liberal supplies of manure. If the manure is fresh and contains considerable straw, it should be spaded or plowed under as early in the spring as possible. If the supply is short, work it into the soil where it will do the most good.

Some compost can be supplied by turning sod under in the garden this season. The big clumps of sod and heavy masses of vegetation should be broken up and spaded under. For future use...start a compost pile, which will improve the organic material in the garden soil.

### Chemical fertilizer...

Chemical fertilizer will help in most gardens unless the soil is in top condition through having been built up with lots of manure. The most effective way to apply fertilizer is to place it in bands two inches on either side of the row, and slightly below the seed.

Lime is specially needed in garden soil in the eastern part of the country. It counteracts the effect of soil acids, and furnishes calcium and magnesium needed by plants. Common builders' lime, ground limestone, or wood ashes that have been kept under good cover...all these may be used for liming the soil.

### FIRMER APPLES FOR FINER PIES

In the very near future, bakers are going to begin building better apple pies...and it's all on account of several years' research into the problem of firming apple slices.



### Problem of flavor...

USDA's Agricultural Research Administration has just announced the results of this research, which has been carried on by the Department's Eastern Regional Research Laboratory in Philadelphia and by the State Experiment Stations in Massachusetts and New York.

You may not realize that one of the reasons why commercially baked apple pie doesn't have that good old-fashioned flavor is because the apples themselves aren't as full-flavored as the ones mother probably used. You see, the apples which are prepared for the pie trade are the firmer varieties which hold their shape in cooking and make a better looking pie. These, however, aren't as full of flavor as the softer, juicier apples.

### The firming process...

The scientists have found that there's a simple way of treating these softer, finer-flavored apples so that they won't break up and turn into applesauce in the baking. The apple slices can be dipped, impregnated, or cooked in a very weak solution of calcium chloride. Then they can be baked immediately in a pie if desired, or canned or frozen for future use.

At least two million bushels of apples in the form of frozen slices alone are used by bakers every year, and many more in fresh and canned slices. Now that a method has been developed for firming the fine-flavored apples in the processing, it's likely that many more will be used.

### Enlarges the market...

Included will be McIntosh, Gravenstein and other varieties that always have been considered too soft for this purpose. Several commercial processors already are trying out the calcium-firmed apple slices for canning and freezing.

This new method of treating the apples has another advantage...it gives a new outlet for early apples which have in the past sold mostly to the fresh markets.

#### FACT SHEET ON HOME DEMONSTRATION WEEK

National Home Demonstration Week this year will run from May 4 to 11, as you will see from the enclosed Fact Sheet. This is the second annual observance, and the 1947 theme is "Today's Home Builds Tomorrow's World."

#### Program plans...

Those of you whose programs serve rural areas probably already are making plans for some special mention of NHD week...possibly tying up with community affairs, such as special programs, teas, exhibits and tours. It's a good time to schedule interviews with home demonstration agents or with some of the half-million or so rural women who serve as volunteer leaders.

The future of this year's observance will be the progress made in rural family and community living since the home demonstration program was initiated over 30 years ago. Rural women are studying ways and means of forwarding the family's health, comfort and happiness, and in this way they are helping to build better communities.

#### Fact sheet summarized...

The Fact Sheet is being sent only to the women's radio program directors who receive RADIO ROUND-UP. Therefore, we're giving an excerpt, for the benefit of the other readers of ROUND-UP, to show some specific activities of home demonstration clubs throughout the United States.

For instance, in Larimer County, Colorado, a club began raising funds to help build a new hospital at Loveland. In Harrison County, Missouri, a series of dental clinics for school children in the county was sponsored by the County Council of home economics extension clubs. In South Dakota, the Thimble Club began raising funds for a memorial community building. Three home demonstration clubs in Hart County, Georgia, sponsored a community lending library.

#### Southwest activities...

Oklahoma's home demonstration groups helped provide or improve playgrounds, parks or community buildings in 875 communities. Rural women in Torrance County, New Mexico, are sponsoring a hot-lunch program in the consolidated school at Estonia, the county seat, during the current school year.

Rural homes and communities throughout the 48 states, Alaska, Hawaii and Puerto Rico are observing this second annual National Home Demonstration Week. For further information, get in touch with your state or county home demonstration workers or your state Extension editor.



# BEST FRESH FOOD BUYS

Cabbage is the best fresh food buy at key southwest markets this week with plentiful supplies offered at reasonable price, according to U. S. Department of Agriculture's Production and Marketing Administration.

Irish potatoes are in second place with both new and old kinds available. Other good vegetable buys include carrots, onions, sweetpotatoes and local turnips and greens.

Best fruit buy is grapefruit, followed by oranges, apples and bananas.

## "Best buys" at key markets...

COLORADO:	<u>Denver</u> .....apples, white grapefruit, small oranges, asparagus, cabbage, carrots, onions, parsnips, Irish and sweet potatoes
MISSOURI:	<u>Kansas City</u> .....cabbage, carrots, cauliflower, lettuce, asparagus, grapefruit, homegrown parsnips, sweetpotatoes, turnips
KANSAS:	<u>Manhattan</u> .....Irish potatoes, cabbage, grapefruit, apples, oranges
LOUISIANA:	<u>Baton Rouge</u> .....cabbage, Irish potatoes, cauliflower, lettuce, carrots, celery, bananas
	<u>New Orleans</u> .....cabbage, onions, Irish potatoes, white grapefruit
NEW MEXICO:	<u>Alamogordo</u> .....turnips, cabbage, onions, radishes, Irish and sweet potatoes
	<u>Gallup</u> .....Irish potatoes, bananas, onions
OKLAHOMA:	<u>Ada</u> .....carrots, lettuce, Irish and sweet potatoes, grapefruit, apples, celery, tomatoes
	<u>Enid</u> .....oranges, grapefruit, Irish potatoes, celery, green onions, carrots, cauliflower, broccoli, cabbage, lettuce, turnips
	<u>Oklahoma City</u> ....apples, beans, cabbage, carrots, lettuce, onions, Irish and sweet potatoes, turnips
TEXAS:	<u>Austin</u> .....carrots, yellow and green onions, cabbage, Irish potatoes, spinach, green beans, apples, Texas grapefruit, lettuce, parsley, radishes
	<u>Dallas</u> .....Texas oranges and grapefruit, Irish potatoes, cabbage, carrots, lettuce, home grown greens



Fort Worth.....cabbage, carrots, rutabagas, spinach,  
oranges, grapefruit

Houston.....Irish potatoes, cabbage, carrots, onions,  
spinach, citrus fruits, beets.

#### IN THE MAY FOOD BASKET

The plentiful food list announced by the U. S. Department of Agriculture for May contains several commodities that have been in the food limelight for a period of months.

Potatoes, for one, will continue to be abundant on markets throughout the country. Citrus fruits, both fresh and processed, are also plentiful. That processed line-up includes canned orange and grapefruit juice, blended citrus juices and canned grapefruit segments.

#### Other plentifuls...

In the dried fruit classification, there are peaches and small-sized prunes. These two dried fruits will be in relatively heavy supply for May.

Eggs and heavy tom turkeys are the poultry items on the list. Peanut butter also continues plentiful.

#### SAUERKRAUT-SURPLUS

There's plenty of sauerkraut to spice up spring meals. Recent reports from kraut packers indicate that about 70 percent of the 1946 pack is still available. The pack was slightly larger than that of 1945 and almost double the 10-year average production. Therefore, that 70 percent carryover represents quite a supply of kraut to be moved in the near future.

#### Prices are reasonable...

This is especially important when you consider that ordinarily by March 1st only 20 to 30 percent of the kraut production is still in packers' hands.

Prices are very reasonable too, though there may be enough variation in retail store prices so that the homemaker will need to shop around for a bargain. The kraut is in bulk and in cans...the No. 2-1/2 can is in particularly good supply.

This size contains six generous servings, so if only part of the contents are to be used at one time, the unused portion should be kept tightly covered in the refrigerator for another meal.

#### Sauerkraut serving suggestions...

This is a food with an international aspect...it's appeared in many parts of the world. History tells us that fermented cabbage was invented in Asia, and it's still eaten in China. The Tartars get credit for bringing sour cabbage to Europe...and as it spread into various countries, new ways of preparing and serving it were tried out.

When you're suggesting sauerkraut, tell your listeners to try it with other foods besides the traditional sausage, spareribs and pigs' knuckles. It's often used for stuffing turkey or goose, or served with them. Also, sauerkraut follows tradition when it's teamed up with fried liver or baked fish. When you're planning a buffet supper, here's something that's easy to fix and good to eat...potato salad, toasted frankfurters and sauerkraut.

#### Sauerkraut in salad...

And now that warmer weather's on the way, chilled sauerkraut can be a welcome addition to summertime meals. It's very easy to keep a can or two in the refrigerator, ready to open at a moment's notice. It can be served plain, or drained, chopped and combined with other vegetables in a salad. Shredded raw carrots, sliced tomatoes or cubed beets will add both flavor and color.

Don't overlook chilled sauerkraut juice as a first course for dinner...either straight or with a dash of lemon juice. Or combine it with tomato juice on a fifty-fifty basis for a delicious combination of flavor.

#### Food value...

Sauerkraut contains some minerals and vitamins for the nutrition score... its best point is that it's a good source of vitamin C. Food specialists of USDA point out that it's especially valuable as a flavor contrast at mealtime...can be considered a relish as well as a vegetable.

### NOTES FROM THE CROP REPORT

For a prevue of 1947 food production prospects, here's a brief run-down on the April 1 crop report released this week by U. S. Department of Agriculture's Bureau of Agricultural Economics.

Slow progress in farm work and vegetative growth in the eastern two-thirds of the country during March resulted in a backward season, in varying degrees, except in the West. However, the experts think much of the delay probably can be overcome if the rest of April is favorable.

The outlook for bread, cereals and other wheat products is good. Winter wheat production is estimated at 973 million bushels, 26-1/2 million greater than the record forecast last December. However, old stocks of wheat on April 1 were the lowest since 1938 and reporters say wheat has moved from farms since harvest at a rate never before equaled.

Disappearance of other grains also has been high due to heavy feeding and marketing for processing and export but we still have good supplies of most of the feed grains. Stocks of both corn and oats were near record for April 1. Feed prices have been high, though, and this has affected the supply of poultry products. March egg production was below a year ago and prices of both eggs and chickens on March 15 were the highest since 1920...poultry feed prices the highest in the 24 years on record.

March milk production nearly equaled the record set in 1945 despite fewer milk cows.

Another bright spot in the April 1 crop report is the favorable outlook for all fruit and nut crops.

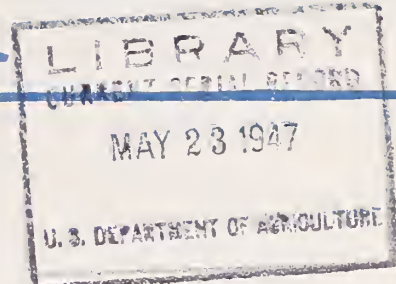
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**Southwest Edition**

April 18, 1947  
No. 16

# Radio Round-up

A weekly service for Directors of  
Women's Radio Programs



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U. S. Department of Agriculture  
Radio Service

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## FIGHT FLIES EARLY

The fight against flies is beginning early this year...with a nationwide drive to control these dangerous pests. Entomologists of the U. S. Department of Agriculture state that DDT is the most effective weapon in this fight...especially when it's applied as a residual spray to walls and surfaces on which the insects alight and crawl.

### Lasting effect...

The residual sprays dry and leave DDT deposits on the surfaces sprayed, and these continue to kill insects for weeks, sometimes even for months afterward. The most effective spray for this purpose is a solution containing approximately five percent of technical DDT.

The entomologists are urging farm families to spray the walls and sheds and barns, the fences around pig pens and cow yards, garbage pails and the like with DDT spray. Any householder, wherever he lives, who keeps even a small amount of livestock would be wise to do this.

### In cities, too...

And city dwellers should join with Department entomologists in urging city authorities to use DDT sprays on garbage cans, curbs and gutters of market places, in stock yards and other places where flies concentrate.

It might be well to mention that the five percent DDT spray used for this purpose is not the same as the space spray dispensed by means of the aerosol "bombs".

### Several formulas...

That type of insecticide is intended to give a rapid knock-down of insects but not to leave a killing residue. The Department has approved several formulas for aerosols containing three percent of DDT...suitable for killing household insects such as flies, sandflies, mosquitoes and moths, in the flying stage.

## GAGE-TESTING TIME

It's time again to remind homemakers that the dial gage of a pressure canner should be tested for accuracy before the season's canning is started.

### For safe canning...

The household equipment specialists of USDA's Bureau of Human Nutrition and Home Economics point out that unless the gage registers accurately, food being processed may get too little heat for safe-keeping...or may be needlessly overcooked, which causes loss of vitamins and flavor.

Again, the canning specialists point out that only the steam pressure canner is safe for processing low-acid foods...snap beans, corn, and the other commonly home-canned garden vegetables, excepting tomatoes. This applies also to meat. Ten pounds pressure...the equivalent of 240 degrees F. in temperature...should be used.

Check these points...

Here are recommendations from the Bureau for seeing that a gage is dependable.

If the pressure canner has a weighted gage, this needs only to be very clean and properly put on the canner.

A dial type gage, new or old, should be checked for accuracy before each canning season...also during the season if it's used a great deal. This gage can be checked with the dealer, the manufacturer of the canner, or with the County Home Demonstration Agent.

Height affects pressure...

And here's a special warning about canning done at 2,000 feet or more above sea level. It takes more than 10 pounds pressure to reach 240 degrees F. at these heights; for each 2,000 feet above sea level, add one pound pressure. A weighted gage may be corrected for altitude by the manufacturer.

DRIED PRUNES AND PEACHES PLENTIFUL

Two varieties of dried fruit, peaches and prunes, are on the plentiful food list for May...so you might well bring these into your meal-planning suggestions occasionally.

Prunes in particular seem likely to be a good buy in most markets. The quality is good, the price lower than earlier in the year, and civilians will be able to get twice as many as in any May since the beginning of the war. Most of the prunes probably will be of medium and small size.

You may like to refer to the serving suggestions for dried fruits listed in October 4, 1946, RADIO ROUND-UP. Here are a couple more, from the food specialists of USDA, which you might add to your collection. You'll note they feature peanut butter and eggs, two more foods on the May plentiful list.

Dried fruit sandwiches...

Cook dried fruit and drain. Chop and mix with creamed butter, cottage cheese, or peanut butter. Spread between slices of bread for sandwiches.

VARIATION: Make sandwiches as suggested, dip into a mixture of egg and milk and fry in a little melted fat until golden brown on both sides. For six sandwiches, use two eggs beaten with  $3/4$  cup of milk, one tablespoon of sugar and salt to season.

### Dried fruit omelet...

Here's another idea for using dried fruit...especially interesting during the season of heavy egg production. For each egg, use one tablespoon of milk with salt and pepper to taste. Beat the eggs just enough to blend the yolks and whites. Add the milk and seasonings.

Heat a heavy frying pan and add enough fat to cover the bottom of the pan. When the fat melts, pour in the egg mixture. Cook over low heat. Lift the egg mixture with a knife and let the uncooked portion run underneath, until the whole mass is set. When the omelet is lightly browned, spread with cooked, hot dried fruit. Roll and turn onto a hot platter and serve at once.

### SHOPPING TIPS ON THAT NEW WASHER

Now that it's possible to make a choice of washing machines again, maybe you'd like to give your listeners some pointers on selecting the right washer...suggestions from the home equipment specialists of USDA's Bureau of Human Nutrition and Home Economics.

#### Automatic?...



That's the first question you'll probably ask yourself, and the answer depends on several things. An automatic washer saves time and labor, of course. You put in the clothes, set the controls, add soap... and the machine does the rest. It fills itself with water at the right temperature, washes and rinses the clothes, spins them damp-dry. And while the clothes are drying, the tub is cleaned and drained; only the trap needs to be cleaned of lint... no laundry tubs are needed.

To use an automatic washer, however, there must be a plentiful supply of running hot and cold water...reasonably soft. Also the water system must provide enough pressure for the automatic washer.

The cost of an automatic washer is higher than that of the standard type, and there may be extra charges for installing it. Furthermore, the upkeep may be greater because the mechanism is more complicated. Therefore, the question a purchaser must settle is how important the saving of time and labor is...how much it's worth in actual money.

#### Wringer or spinner...

If you decide on the standard or non-automatic machine, you can get either the wringer or spinner type, though there are more models with wringers. They can do equally good jobs, so it's a matter simply of comparing the various machines as to special features.



### What size?...

The capacity of a washer is usually measured by the number of pounds of clothes that can be washed at one time. The standard size machines, designed for ordinary family use, usually range from 6 to 10 pounds. It's well, too, to consider the number of times you wash each week and the way you sort clothes for washer loads. For instance, if you wash only once a week, you may need a machine that takes the whole wash in the fewest possible loads.

And consider the amount of water that the machine will require...some take more than others for the same size load. This is an important point in areas where water is scarce, the rate high, or where heating or pumping are problems.

The twin-tub wringer machine is made by some manufacturers, and you may like to consider this type. With it you can wash two loads at a time, or use one tub for washing and one for rinsing.

### How about portables?...

Portable machines that hold from two to three pounds of clothes are handy for small washings, baby clothes, or small items you like to keep separate from the family wash. They do not take the place of a standard-size machine, however...even in a small family...if all the washing is done at home.

### Features to check...

The washing mechanism...the device inside the washer tub that moves the clothes through the water...can be the agitator, the cylinder or the vacuum cup type. All have good features, and you may like to get the opinions of friends who've had experience with different models before deciding.

Here are some features you'll definitely want to find in your washer, though: (1) - Control levers placed where you can reach them easily to start and stop the washer and to manage the wringer's safety release. (2) - Rubber-covered swivel casters that roll easily...plus a lock on casters or caster cups to hold the machine steady when in use. (3) - A waterline that's easy to see to help in filling the tub to the right level. (4) - A grounding device for the washer frame to avoid electric shock if the insulation fails.

### Your money's worth...

Select a well-built washer made from sturdy materials well braced and welded. Be sure that there are no sharp edges or rough screw and rivet heads to tear clothes. Parts coming in contact with clothes should be rust-proof. Gears should be enclosed so that nothing can get caught in them. Tub and motor should be mounted on rubber or hung on springs to lessen vibration and noise.



As many of the values important for durability and efficiency are hidden, your best assurance is to buy a washer bearing the name of a reliable maker. Look also for the seal of the Underwriters' Laboratories, which means that motor and electrical connections have been approved as safe. And, for good servicing, buy from a local dealer with a dependable service department.

#### NHD WEEK HEADLINES

Here's more news from USDA's Extension Service regarding National Home Demonstration Week, which is to be observed throughout the nation from May 4 to 11.

##### Local education...

As we pointed out in last week's ROUND-UP, the theme of the 1947 observance is "Today's Home Builds Tomorrow's World." The purpose of the week's activities will be to interest more families in the voluntary on-the-job education program planned and conducted by local women and the cooperative Extension Service of USDA and the land-grant colleges throughout the 48 states, Alaska, Hawaii and Puerto Rico.

Here are specific reports from certain states as to activities they're planning. Many of you, especially those who know you have rural listeners, may like to check on them with possible program features in mind.

##### Delaware...

A State meeting will be held in Dover May 8. It will feature a fashion show of garments made by the women in tailoring schools, and special recognition of those homemakers who serve as local leaders. Lady Worsley Taylor, president of the Federation of Women's Institutes for England and Wales, will be guest speaker.

##### West Virginia...

State leadership training conference at Jackson's Mill.

##### South Dakota...

State luncheon at Brookings...rural women will be featured speakers. Slides of home demonstration work will be shown and a tribute to the home demonstration agent given. Guests will include state officials and representatives of various states and civic organizations,

##### New York and Virginia...

District meetings of home demonstration groups will be held during the week...with discussions of projects and problems to be taken up during the coming year.

Tennessee and Mississippi...

Community clean-up drives will be sponsored.

Arkansas...

Special attention will be given to the organization of young homemakers' clubs, which they call Sister Clubs. Plans also are reported for community picnics and mother-daughter luncheons.

Wyoming...

There's to be a publicity contest sponsored by the State Council of home demonstration clubs. Prizes will be awarded county councils submitting the best news stories on events of the week.

The foregoing will give you some idea of what will be going on during National Home Demonstration Week in certain parts of the country. You can find out more specific details from your State or County home demonstration agent or your State Extension Editor.

FROZEN FOOD BARGAINS

In the days of high food prices, it's good news when we hear of something that's coming down. According to information from marketing specialists of USDA, and from trade sources too, this has happened...and is continuing... in the case of frozen fruits and vegetables.

There's a wide variation in retail store prices, however, and it may be necessary to shop around a bit. Bargains are being offered in many stores, though, and they're worth investigating.

Supplies above average...

Storage holdings of both frozen fruits and vegetables are much above the average for this time of year...that's the reason for price reductions. On April 1st, there were 366 million pounds of frozen fruits in storage... which is 45 million pounds higher than on the same date last year. As for vegetables, the April 1st total was 276 million pounds...about half again as much as was in storage last April 1st.

A good portion of the frozen fruits are in large containers and will be used by manufacturers of preserves, ice cream and confections.

Consumer selections...

There are ample stocks of frozen fruits in consumer-sized packages, however ...particularly of apricots, peaches, cherries, pineapple, raspberries and strawberries. And if you've kept frozen fruits off your shopping list because of relatively high prices quoted early in the winter, you're in for a surprise now.

In the frozen vegetable line, there are particularly generous offerings of peas, snapbeans, corn and spinach.

#### PEPPER PORTION

The Indian government announced that it will allocate an additional 4,400,000 pounds of black pepper to the United States by September. Earlier in the year, India allocated us approximately 5,500,000 pounds, and part of this amount already has been shipped to the United States.

#### Still below prewar...



While the total allocation will not equal pre-war use, it should fill some of the back orders for this spice. The average person in this country uses two ounces of black pepper per year...this of course, doesn't include the amount used by food processors.

The Dutch East Indies were our principal source of black pepper before the war, but practically no pepper is being received from there right now.

#### BEST FRESH FOOD BUYS

Cabbage leads the list of best fresh food buys at key southwest markets this week, according to U. S. Department of Agriculture's Production and Marketing Administration. Carrots are in second place. Irish potatoes and grapefruit tied for third position. Onions, oranges and spinach also are good buys. Locally grown greens are more plentiful at reasonable prices in southern areas.

#### "Best buys" at key markets...

COLORADO:	<u>Denver</u> .....C-grade Delicious Winesap apples, Marsh seedless grapefruit, small oranges, asparagus, cabbage, carrots, old Irish potatoes, rhubarb, spinach
MISSOURI:	<u>Kansas City</u> .....Texas and Louisiana cabbage, carrots, sweetpotatoes, homegrown onions, Texas grapefruit
KANSAS:	<u>Manhattan</u> .....Irish potatoes, cabbage, carrots, citrus fruits, apples
LOUISIANA:	<u>Baton Rouge</u> .....cabbage, Irish potatoes, carrots, bananas, lettuce, grapefruit, oranges, turnips
	<u>New Orleans</u> .....cabbage, onions, Irish potatoes



NEW MEXICO:

Alamogordo.....spinach, onions, carrots, cabbage,  
Irish potatoes

Gallup.....Irish potatoes, onions, cabbage,  
grapefruit

OKLAHOMA:

Ada.....radishes, bananas, cabbage, green onions,  
carrots, turnips, grapefruit

Oklahoma City....apples, bananas, cabbage, carrots,  
cauliflower, green onions, mustard,  
oranges, Irish potatoes, squash

TEXAS:

Austin.....cabbage, Irish potatoes, yellow onions,  
carrots, lettuce, rutabagas, spinach,  
Texas grapefruit, radishes

Dallas.....Texas citrus fruits, cabbage, carrots,  
Irish and sweet potatoes, local greens,  
spinach

Fort Worth.....grapefruit, oranges, cabbage, carrots,  
radishes, bunched greens

Houston.....Irish potatoes, cabbage, carrots, onions,  
spinach, Texas citrus fruits, beets

## MORE JELLIES AND PRESERVES

There's good news about jellies and preserves...many cities report ample supplies on hand and also that prices are beginning to come down from those of last winter. The increase in supplies is a result of the receipt of the April sugar allotment by preservers and jelly manufacturers.

## CABBAGE TREAT

While cabbage is plentiful at reasonable cost, homemakers may like to try a scalloped dish combining this wholesome vegetable with spaghetti and cheese in tasty fashion.

Here's the recipe from U. S. Department of Agriculture's Bureau of Human Nutrition and Home Economics:

Scalloped cabbage, spaghetti and cheese...

1-1/2 cups spaghetti broken	1 teaspoon salt
in small pieces	1/2 pound American cheese
3 tablespoons flour	1 quart shredded cabbage
3 tablespoons butter or other	1 cup buttered bread crumbs
fat	
2 cups milk	

Cook the spaghetti in boiling salted water for 20 minutes...then drain. Make a sauce of the flour, fat, milk and salt. Shave up the cheese, add to the hot sauce and stir until melted. Put the cabbage, spaghetti and sauce in a buttered baking dish in layers and cover the top with the buttered bread crumbs. Bake for 20 to 30 minutes in a moderate oven.

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Southwest Edition

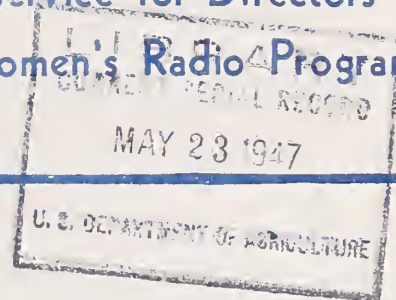
April 25, 1947

No. 17



# Radio Round-up

A weekly service for Directors of  
Women's Radio Programs



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## FOR THE SPRING SALAD BOWL



The trio that's tops in the vegetable line throughout most of the country right now is cabbage, carrots and spinach...every one of them a fine addition to the spring salad bowl. And they're good cooked, of course, as every meal-planner knows, for salads or the vegetable plate.

The new crop of cabbage is coming from Louisiana, Texas and Florida... the carrots (both topped and bunched) are from California, Arizona and Texas...the spinach from Arkansas, Oklahoma, Virginia and, again, Texas.

### Serving suggestions...

Raw vegetables used in salads should be chopped or shredded just before serving. Here are a few serving suggestions from the food specialists of USDA.

Shredded cabbage with chopped onion and peanuts or with chopped or grated raw carrots.

Raw or cooked carrots, thinly sliced, combined with cooked green beans...fresh, frozen or canned.

Raw chopped spinach with diced tomatoes or hard-cooked eggs.

Incidentally, these salad combinations also go well in sandwiches. To make sandwich fillings, cut the vegetables fine and mix with salad dressing or creamed butter or margarine.

### WEED WARNING

Here's another in the series of tips from USDA's garden specialists which you may like to have for your file of garden information.

Tell home gardeners not to use the new weed killer 2, 4-D in the vegetable garden. This is fine for killing the weeds in lawns...plantain, dandelions and such...but it's also death on tomatoes, beans, peas and other vegetables usually grown in the home garden. This weed killer is much more powerful and long-lasting than is generally realized.

### Clean the sprayer...

Whenever 2, 4-D is being used on lawns, care should be taken not to let a little of the spray drift onto the vegetable plants. And it isn't safe



to use the same spraying equipment for 2, 4-D and any spray that's being used on vegetable crops unless a thorough cleaning job is done first. Even a small residue of 2,4-D left in the sprayer can injure the vegetables. To clean the sprayer, use about two teaspoons of household ammonia to a gallon of warm water.

As a matter of fact, the plant specialists of USDA advise home gardeners to stick to the hoe for killing weeds in vegetable gardens...it takes more elbow grease, but the results are better.

#### POSTSCRIPT ON PRUNES

In last week's RADIO ROUND-UP we told you that dried peaches and prunes, especially prunes, are among the plentiful foods this spring and suggested including them frequently in menu plans.

Not only are these dried fruits likely to be a good buy from the budget standpoint, but they're nice little packages of nutrition as well. They supply sugar for energy, also some vitamins and minerals. Furthermore, dried fruits contain less water and more substance than fresh fruits. Therefore, it's a good idea for the homemaker to take advantage of the present plentiful supplies.

Of course, there was that character in Dickens who recommended to young ladies the use of certain words to help make the lips small and well-shaped...one of these words being "prunes". You can decide for yourself whether that's worth mentioning!

#### Store carefully...

It's a good idea to caution your listeners about careful storage of dried fruits. Since most of the moisture has been removed, they have a tendency to absorb dampness again. That's why prunes are often packed in moisture-proof packages. After the seal of the package has been broken, it's well to put the remainder of the fruit in a jar or box with a tight-fitting lid and store them in a dark, cool place.

Cooked prunes keep well, so it's economical to cook the whole package at one time and store them in the refrigerator until they're used up.

#### Cook long and slowly...

Speaking of cooking prunes...the food specialists of USDA advise that the process be long and slow in order to develop the flavor and permit even cooking through to the pit. When prunes are thoroughly cooked the flesh separates easily from the pit and the juice is thick and sweet.

Some prunes don't need any soaking and it's never advisable to soak them for a long time. Some of the minerals and vitamins dissolve in water, and a loss of flavor results too. Where there are directions on the package, it's a good idea to follow these,



### Jellied prunes...

This is a delicious dessert which glamorizes prunes to a point where every member of the family is likely to ask for seconds. It's one recently tested and revised by the food specialists of USDA's Bureau of Human Nutrition and Home Economics, and you may like to suggest it to the home-makers in your audience. Here's how:

1 tablespoon plain gelatin	1/3 teaspoon salt
1/4 cup water	1-3/4 cup hot prune juice or
1/4 cup lemon juice	juice and water
1/2 cup sugar	2 cups well cooked prunes,
	drained and pitted

Soak gelatin in water five minutes. Add soaked gelatin, lemon juice, sugar and salt to hot liquid and stir until dissolved. Chill until partly thickened. Chop prunes coarsely and fold into thickened juice. Chill until set. Serve with plain or whipped cream. Six servings.

### Variation...

To make this dessert even more interesting, a few chopped marshmallows can be folded in at the same time the prunes are added. Another nice touch is to sprinkle chopped nuts on top of each serving.

### MEAT ON THE HOOF



There are about 200,000 more cattle in feed lots this April than a year ago. This means a sizable increase in the beef supply in the months ahead...more than enough, in fact, to make up the seasonal decrease in pork supplies.

Since these cattle will be fed grain and concentrated feeds, the amount of quality beef is also going to be stepped up in the coming months. More beef will rate "good" and "choice" grades than you noticed during the first three months of 1947.

### Pork prices...

Retail pork prices probably won't change much in the weeks immediately ahead as this is an in-between season for hog marketings. About all of last year's spring pig crop has been marketed and the heavy run of 1946 fall pigs won't be reached until late May or early June.

Don't look for heavy supplies then, though. There just won't be much of an increase in pork until November, when the spring crop from this year is started to market. Neither can you expect much lamb and mutton this spring and summer. Lamb and mutton production for 1947 will be down about 20 percent from last year.

### Beef supply...

However, with the increase in beef, there 'll be about a third more meat offered this year than in pre-war years. This is a per capita share between 150 and 155 pounds...the largest in 35 years.

### WOOD WONDER WORKERS

The average woman at home probably knows little about certain activities of the U. S. Department of Agriculture which are of direct benefit to her and her family. Take the Forest Products Laboratory at Madison, Wisconsin, for instance. This is the place in which many of the most interesting uses of wood have been developed...the largest research center in the country devoted entirely to the study of wood and wood products.

In a recent radio broadcast, the chief of Forest Products of the U. S. Forest Service and two of the scientists from this laboratory discussed its work. They told about experiments now under way which will be of great value in home building and furnishing.

### Flooring...

For example, they're now working on ways to make hardwood out of softwood. One already developed is called "staypak"...it's made simply by heating wood having a proper moisture content and compressing it. This converts the wood into what appears to be a fine hardwood, hard enough to be used for flooring. Eventually, they hope to produce a "staypak" floor that will compete with hardwood flooring of oak or maple.

The plywood experiments now under way are of great interest too, since a lot of plywood is needed for new homes and furniture. As you probably know, plywood is made up of strips of wood veneer, three or more in number, glued together, with the grain of each strip laid crosswise.

### Plywood tests...

Plywood is important in both home building and furniture making because it offers greater resistance than solid wood of the same thickness... isn't so easy to split or puncture...can be made up in far larger sheets than the boards sawed from a log...and makes possible furniture styles with rounded corners.

The Forest Products Lab people are testing plywood to find out how it acts when the number of veneer layers is changed, which types of glue are better, and what's the best technique for pressing the veneers together.

### "Wetter water"...

The laboratory also is testing paints and other coatings for wood, is experimenting with chemical treatments of wood to make it fire-resistant ...is even trying to develop what they term "wetter water" for fighting forest fires. This is accomplished by the use of various chemicals that reduce the surface tension of the water so that it soaks in much faster and more thoroughly than plain water.

The Forest Products Laboratory also is working in the improvement of prefabricated houses...preserving them against rot and termites, also testing the best kinds of paint and glue to use.

This doesn't cover all the work being done at the Lab in Madison, but it gives you some idea of the benefits this research will bring to the householder.

#### WITH THE FLEET

Now that winter is over, the fishing fleet is moving out in number. The catch of our principal food fish varieties is heaviest from May through November. From November through April, when seas are stormy and rough, fishing effort is at a minimum and we depend primarily on storage stocks for our fish meals.

#### Fishing season begins...

The first of the spring runs of mackerel and shad are now reaching markets in the New England and North-Atlantic States. Other principal varieties being caught along the Atlantic Coast include cod, haddock, flounder, sea trout and striped bass.

The halibut catch gets under way on the West Coast May 1...the opening date and volume of catch being regulated by an agreement between Canada and the United States. The salmon season in the Pacific Northwest also opens about May 1.

With navigation opening on the Great Lakes, there is increased activity in the landings of smelts, yellow pike and cisco. From the South Atlantic and gulf areas are coming red snapper, mullet and catfish.

#### Freezing trend...

It looks now ... as though increased proportions of the 1947 landings will be processed in frozen form and marketed in consumer-sized packages. About twenty years ago, only 10 percent of the catch was frozen. Today a much larger portion is being frozen, in order that there can be wider distribution and a more uniform year-round supply of fish.

Packaged fish...chiefly in fillet form...has grown in popularity because it's easy for the retailer to distribute and is ready for immediate use by the homemaker.

#### ADDITIONS TO THE PLENTIFUL LIST

We told you in the April 11 issue of ROUND-UP of eight foods that had made the U. S. Department of Agriculture's plentiful food list for May. Four other foods have just been added to this May list...canned peas and tomato juice, sauerkraut and cottage cheese.



### Background on peas...

The acreage and production of peas for canning and freezing reached an all-time high in 1946. The canned pack was a record total of over 41 million cases...almost a million and a half cases more than the 1945 pack. With military requirements smaller, there is a substantial carry-over to move before the new pack becomes available.

While the above information refers to canned peas of all grades, Grade C or standard peas are particularly plentiful. These standard peas are approximately the same in nutritive value as those of the higher grades, are usually more economical in price...and may be used to advantage in salads, soups and stews or creamed with other foods.

### Tomato juice...

More tomatoes were canned as juice in 1946 than were packed in any other way...nearly 29 million cases. Stocks held by packers, distributors and in warehouses of retail food chains on February 1 were slightly more than 17 million cases or over 1-1/4 million cases larger than the average for the years 1943-45.

We told you two weeks ago of the record sauerkraut pack. Production of cabbage for kraut in 1946 totaled 264,000 tons...more than 31,000 tons in excess of the previous record in 1945. A great percentage of this kraut is still available.

The seasonal increase in milk production means more cottage cheese and a reasonable price in comparison with other protein foods.

### CHILD HEALTH DAY MAY 1



Here's a reminder about Child Health Day which is May 1st, as you doubtless know.

The 1947 Presidential Proclamation calls on all agencies and organizations interested in child welfare to embark on a year-round program for the protection and development of the health of the nation's children.

### Plea to parents...

President Truman makes a special appeal to parents to take every possible step to protect children from needless injury and suffering. He points out that the prevention of accidents in the home is of special importance.

The nationwide campaign during the week of April 27th is sponsored by the Children's Bureau of the Federal Security Agency in cooperation with the national conference on home safety and the Red Cross. If you haven't already planned a broadcast or two featuring this campaign, here are some suggestions for working the idea into your regular program.

#### Burns and cuts...

In talking about cooking and the preparation of meals, you might warn against the kitchen accidents in which children often are injured. Burns are particularly frequent, of course...the child reaches for hot things on the stove or is burned when hot liquids are spilled. Then there are the surface burns...from stoves, irons, electric heaters...and the burns resulting from a child's playing with matches.

Accidents often result from leaving knives and other kitchen utensils within reach of children. And there's danger in sharp-pointed scissors and other such objects...also in leaving glasses and other dishes within easy reach of youngsters too young to handle them.

#### Poisons...

Poisoning is another household danger, and you should warn your listeners against leaving insecticides, lye and other common poisons where children can get at them. Include medicines in this warning too...especially the candy-coated or brightly colored ones which attract youngsters.

#### Electrical dangers...

If you're talking about electrical appliances, caution the homemaker about the injuries children can suffer from an electric fan as well as the other electrical items mentioned before. Remind the grownups that children shouldn't be allowed to play with electric outlets and fixtures either.

They can receive severe shocks from sticking hairpins, knives or other conductors into the fixtures. Another danger is from short-circuits in the fixture or outlet.

#### Falls...

In general discussion of household problems, mention might be made of the accidents toddlers often suffer in falls down stairways that aren't guarded, or from windows with screens that haven't been securely fastened.

Women broadcasters can do something really worthwhile by stressing the fact that a child's home is often far from the safest place in the world. And the tragedy is, as the President says, in the fact that much of the injury and suffering which occurs there is needless.

### BEST FRESH FOOD BUYS

Grapefruit and Irish potatoes lead this week's list of best fresh food buys at key southwest markets, according to U. S. Department of Agriculture's Production and Marketing Administration.

Second place goes to carrots in the vegetable line and to oranges for fruits. Onions and spinach are fairly good buys, and most markets also have plenty of locally produced turnips, greens and radishes at reasonable price.

"Best buys" at key markets...

ARKANSAS:	<u>Little Rock</u> .....	carrots, spinach, Irish potatoes, grapefruit, oranges
COLORADO	<u>Denver</u> .....	C-grade apples, white grapefruit, California oranges, cabbage, carrots, onions, parsnips, Irish potatoes, rhubarb, spinach
MISSOURI:	<u>Kansas City</u> .....	homegrown green onions, kale, sweet-potatoes, cabbage, California asparagus, Washington and homegrown rhubarb, grapefruit, lemons
KANSAS:	<u>Manhattan</u> .....	oranges, Irish potatoes, grapefruit, bananas, lettuce, cabbage
LOUISIANA:	<u>Baton Rouge</u> .....	cabbage, carrots, grapefruit, lettuce, artichokes, oranges, Irish potatoes, turnips
	<u>New Orleans</u> .....	Irish potatoes
NEW MEXICO:	<u>Gallup</u> .....	Irish potatoes, onions, grapefruit
	<u>Las Cruces</u> .....	Irish potatoes, onions, grapefruit, carrots, cabbage, radishes, lettuce, oranges
OKLAHOMA:	<u>Oklahoma City</u> .....	apples, asparagus, beans, carrots, celery, lemons, lettuce, onions, peas, Irish potatoes, spinach
TEXAS:	<u>Austin</u> .....	yellow onions, Irish potatoes, cabbage, carrots, parsley, lettuce, radishes, spinach, rutabagas, fresh green onions, Texas grapefruit
	<u>Dallas</u> .....	Texas citrus fruits, Irish and sweet potatoes, white and yellow onions, celery, carrots, local greens
	<u>Fort Worth</u> .....	bunched mustard and turnip greens, spinach, radishes, English peas, carrots, grapefruit, oranges



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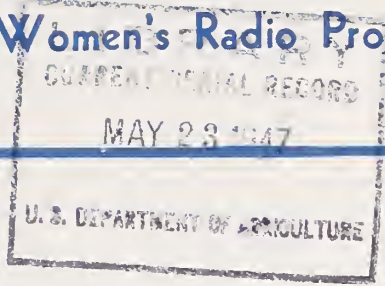


**Southwest Edition**

May 2, 1947  
No. 18

# Radio Round-up

A weekly service for Directors of  
**Women's Radio Programs**



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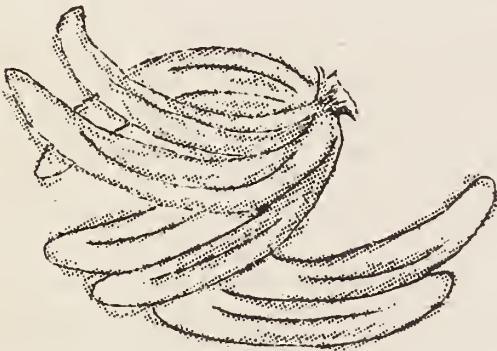
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423 Wilson Building, Dallas 1, Texas



## BANANA NOTES

In North America, a banana is a banana is a banana, to paraphrase Gertrude Stein. The one we know best is the Gros Michel, the large yellow tropical fruit we slice on the morning breakfast cereal or make into salads and desserts...or sometimes just eat out of hand between meals. That, of course, presupposes we can get bananas...the wartime shortage still exists in many areas, as you know.

In Latin America, however, the banana is a staple food which is served in dozens of different ways. Of course, many more varieties are used there... from five to 15 different types of banana, both ripe and green, appear in the picture.



Bananas and plantains (which are near relatives) are baked, boiled or fried and served as a vegetable...sometimes as a substitute for potatoes and other starchy foods. Boiled, they often appear with beans, rice and tortillas. Sometimes they're peeled, sliced, fried in lard and salted...this way they look like French fried potatoes but, of course, retain the banana flavor.

Then there are the so-called "banana figs"...ripe bananas sliced and dried in the sun like raisins or figs.

Green bananas and plantains also are powdered, and the powder used in making gruel, soups and puddings. Most of us are familiar with the dehydrated banana flakes which have been marketed in the United States in recent years... many groceries stock these regularly. Bananas appear in liquid form sometimes too...such alcoholic beverages as whiskey and wine have been made from this fruit.

Another use of bananas is as livestock feed...fruit rejected because of bruises or sub-standard quality is often used this way, particularly on large plantations in Central America. It's said that mules have learned to like bananas so well that nose baskets have to be used to keep them from mutilating the bunches when they're carrying bananas to railroad sidings for shipment.

Maybe you'd like to know a little about some of the varieties widely used in the tropical Americas.

There's the Claret, that handsome red banana which used to appear in North American markets occasionally, especially around the holiday season. The Lady Finger, sometimes called the Rose or Date banana, is one of the most delicious. It's a small, sweet fruit, from three to four inches long, with a thin skin. It bruises so easily that careful packing and handling are imperative. Then there's the Apple, with a flavor and odor somewhat like that of a mellow apple and a rather granular texture. This also is a delicate fruit, difficult to ship without damage.



Air transportation may in time bring some of these exotic and perishable varieties of banana to the United States, but the chances of finding them at the corner grocery are slight. We won't care so much, however, when we begin to see the old familiar Gros Michel in larger quantities.

Incidentally, it's good news that banana imports are increasing...in 1946 we imported 51 million bunches, which is within 10 percent of the 57 million prewar average. In case you're wondering why bananas continued so hard to get last year, remember that our purchasing power has increased greatly since prewar days. It's estimated by USDA's marketing experts that we'd use at least one-third more than that 57 million average if we could only get them.

### FRESH CITRUS

The Naval orange season in California and Arizona is ending. So, practically all the oranges you'll see at markets soon will be Valencias, and there'll be plenty in the months ahead. The immediate supply will be coming both from the Florida and the California-Arizona area. Florida orange shipments will end in June, and the western producing areas will take care of the nation's fresh orange needs until early varieties move from Florida again in the fall.

There'll also be generous offerings of fresh grapefruit until well into June. The total U. S. crop (from Florida, Texas, California and Arizona) is slightly under that of a year ago due to the freezing weather in Florida in February. But there is more of the crop to be moved to market from all areas than at this date last year.

### Plenty of lemons...

You can be assured of plenty of lemonade this summer. The 1946-47 lemon crop is slightly larger than that of a year ago and the movement of this fruit to market has been a bit slow so far this year. This means more lemons in storage and on the trees for summer selling.

### COTTAGE CHEESE CHAT

A welcome addition to the May plentiful food list is flaky, white cottage cheese, delicate in flavor, combining beautifully with other foods, and so high in protein value that it can be used as the main dish of a meal...when the serving is generous, of course. You doubtless have on hand many good ideas for using this fine food, which you can tell your listeners about. For your convenience, however, we're listing a few salad and sandwich suggestions from the food specialists of USDA.

### Salads...

Either cottage or cream cheese combines well with fruits, such as peaches, pears and cherries. Fill the hollows of canned peaches or pears with cheese, either plain or mixed with nuts or dried fruits, and serve on lettuce with salad dressing.

Make a mound of cheese on the lettuce, and put slices of peaches or pears around it. Or place a slice of canned pineapple on lettuce and put a big spoonful or a ball of cottage cheese in the center. Large canned cherries with the pits removed may be combined with the cheese.

Cottage cheese looks and tastes good combined with tomatoes...is specially delicious when it's seasoned, mixed with chopped onion or chives, and used for stuffing. Another way to combine the two is to arrange crisp lettuce on individual salad plates, make a mound of seasoned cottage cheese in the center, and place tomato in slices or quarters around the edge. Serve with salad dressing.

#### A recipe...

Cottage cheese simplicity salad is really simple to make and is especially suitable for springtime luncheons and dinners. Here are the ingredients:

2 cups cottage cheese	2 teaspoons chopped pimienta
3 teaspoons chopped celery	1/2 teaspoon chopped onion
1 teaspoon chopped green pepper	1 tablespoon mayonnaise

Rub the mixing bowl with a cut clove of garlic; place cottage cheese in bowl, add finely chopped onion, and other vegetables chopped medium fine. Mix in mayonnaise, and serve salad on lettuce garnished with pickle. This quantity serves four.

#### Sandwich fillings...

Wash prunes, dates, raisins, dried figs or apricots. Chop fine, mix with about twice as much cottage cheese. Add salt to season, also some chopped nuts, if desired.

Mix cottage cheese with chow-chow, chili sauce, or chopped dill pickle, green or ripe olives, celery, green pepper, parsley, watercress, onion or other salad vegetable, or with chopped nuts. Add salt to season.

Mix a few caraway or celery seeds with cottage cheese to give variety in flavor; add salt to season and enough cream to make the mixture easy to spread.

Cottage cheese mixed with peanut butter makes another delicious sandwich filling. It's good, too, with bits of cooked bacon or ham mixed in.

These ideas may be helpful, and next week we'll give you a few dessert suggestions that incorporate cottage cheese.

#### PRO'S AND CON'S OF NEW EQUIPMENT

The household equipment specialists of the U. S. Department of Agriculture have been checking and testing some of the new appliances coming onto the market these days, and we believe that the homemakers in your audience will be interested to hear some of their comments on various features.



### Washing machines...

Here's a note to add to the shopping tips on the new washers which we gave you in the April 18th issue of RADIO ROUND-UP. The spinner washing machine is regarded as safer than the wringer. Actually, of course, it isn't the wringer that's unsafe...the trouble is that people don't always use it properly.

The spinner has other advantages however. There's less danger of buckles, hooks and zippers being damaged, or of buttons being torn off. It leaves the clothes less wrinkled too, and is better for such things as blankets and pillows. Of course, if the shopper selects an automatic washer there's no question because at present all automatics have spinners.

There's one talking point for the wringer...the heavy, water-laden clothes don't have to be lifted from the washing tub. One end or corner of the clothes can be started through the wringer, and it will do the lifting. The buyer of a wringer type machine should be sure that the emergency release is within easy reach from any position at the machine, and that it will work easily.

### Irons...



The experts have been trying out some of the new electric irons too, specifically the cordless iron and the steam iron. The cordless iron, as you probably know, operates on the same principle as the old flatiron...but there's where the resemblance stops. It gets its heat from an electric stand, and heats very fast. In case you're wondering whether the cordless iron will satisfy people who are fast ironers, the experts say it probably will. The iron heats so quickly that it would take a speed demon to keep ahead of it.

As for the steam iron...this has been found excellent for ironing light goods and for pressing...particularly useful to the woman who sews a lot and makes over clothes. The shopper should look for a temperature control with this iron, and also find out whether it contains aluminum wool. This will prevent vapor bubbles so that the water won't be blown out through the steam vent.

Furthermore, aluminum wool will absorb any salt deposits from hard water and keep them from coating the bottom inner surface of the iron and cutting down on the steam.

### Home freezers...

The specialists urge that every family considering a home freezer analyze carefully what they want to do with it before making a choice. Some are made for freezing and storing, some for freezing only.



Many families who've bought home freezers complain that they didn't choose a large enough size...they just didn't realize the possibilities for freezing pre-cooked food, left-overs, for storing ice cream, and so forth.

In comparing the chest-type or the upright model, the household equipment people found that it's harder to utilize all the space in the vertical type because of fitting the packages in tightly up to the shelves. Also packages of food tend to slip out of the vertical freezer. One advantage is that this type takes up less floor space than the chest model...but remember that enough room has to be left to swing the door open.

#### RAISIN REVIEW

Another of those "weeks" is on the way...according to reports from the dried fruit industry, the week from May 11 to 17 will be known as National Raisin Week. During that period you may like to call special attention to the use of raisins, so here are a few facts you may find helpful.

#### Supplies bigger...

In the first place, USDA's marketing specialists report there are many more raisins on hand this spring than for the past few years. Supplies are far bigger than at this time in any year since the war started. They report too that wholesale prices are down 25 to 30 percent from the beginning of the season in October 1946. Most of the raisins offered are the Thompson seedless, the luscious dark natural sun-dried raisins...the quality good.

And here's a brief refresher course on the nutrition angle...raisins are a good source of iron, contain fair amounts of other minerals and B vitamins and are high in natural fruit sugars.

Different types of raisins can be used almost interchangeably, but the seedless variety is generally preferred for salads and fruit cups.

#### Plump them up...

Here's a hint about plumping seedless raisins which may have stood on the pantry shelf until they're a bit hard and dry. Rinse them in boiling water, drain, spread in a shallow pan, and place in a moderately hot oven until they're puffed...10 to 15 minutes is enough. Raisins can also be plumped by steaming them in a colander or strainer in a covered saucepan. This added moisture cuts down their keepability, however, so it's best to plump them only as they're to be used.

Speaking of salads...you might like to suggest that delicious combination of shredded cabbage, diced apple and raisins ... served with salad dressing or lemon juice on a bed of greens.

## FAT SUPPLY STILL SHORT

You're seeing more cooking and table fats and oils on the grocery shelves these days...and at prices less than they were a month ago. The marketing experts of USDA state that there is no fundamental change in the supply picture, however, and won't be much improvement in stocks until the new crop of cottonseed, peanuts and soybeans are marketed the latter part of the year.

### Keep saving...

The homemaker who's operating on a tight budget will certainly be wise to continue saving and re-using the fat she salvages from meat as shortening and seasoning in her cooking.

You can help by occasionally featuring some of the fat salvage suggestions you doubtless have tucked away in your memory or your files. Remind her too that any surplus fat can be turned in to the meat dealer to help out in the continuing shortage of industrial fats and oils. Incidentally, dealers almost everywhere are paying substantially more for this fat than during wartime.

## LAST CALL ON NHD WEEK

Don't forget...May 4 to 11 is the second annual National Home Demonstration Week. We've given you considerable information about observances planned in various parts of the country, and hope that a number of you have arranged special program features for this week. If you need any further help or information, contact your state or county home demonstration workers or your state extension editor.

## BEST FRESH FOOD BUYS

Grapefruit leads the list of best fresh food buys at key southwest markets this week, according to U. S. Department of Agriculture's Production and Marketing Administration. Oranges are a good buy at most points.

Onions, Irish potatoes, cabbage and carrots are the vegetable leaders. Spinach is a fair choice along with locally grown mustard, turnip greens and radishes.

Fair amounts of good quality sweetpotatoes are still available.

### "Best buys" at key markets...

ARKANSAS:	<u>Jonesboro</u> .....cabbage, carrots, Irish potatoes, onions, oranges, grapefruit
	<u>Little Rock</u> .....cabbage, spinach, onions, Irish potatoes, oranges, grapefruit
	<u>Pine Bluff</u> .....Irish potatoes, carrots, grapefruit

	<u>Texarkana</u> .....	Irish potatoes, onions, cabbage, grapefruit, oranges
COLORADO:	<u>Denver</u> .....	C-grade apples, grapefruit, small oranges, cabbage, topped carrots, green onions, rhubarb, spinach, sweetpotatoes
MISSOURI:	<u>Kansas City</u> .....	beets, cabbage, sweetpotatoes, grapefruit, homegrown asparagus, rhubarb, spinach
KANSAS:	<u>Manhattan</u> .....	oranges, new Irish potatoes, cabbage, grapefruit, celery, lettuce
LOUISIANA:	<u>Baton Rouge</u> .....	lettuce, celery, grapefruit, Irish potatoes, onions, cabbage, carrots
	<u>New Orleans</u> .....	onions, cabbage, white grapefruit
OKLAHOMA:	<u>Ardmore</u> .....	Irish potatoes, dry onions, fresh strawberries, mustard greens, turnips, spinach, oranges, grapefruit, celery, tomatoes, eggplant
	<u>Enid</u> .....	oranges, Irish potatoes, radishes, carrots, grapefruit, asparagus, celery, cabbage
TEXAS:	<u>Amarillo</u> .....	grapefruit, Irish potatoes, onions, radishes, asparagus, cabbage, oranges, squash, carrots
	<u>Austin</u> .....	carrots, squash, cabbage, radishes, beets, onions, rutabagas, spinach, turnip greens, white grapefruit, lemons, Irish potatoes
	<u>Dallas</u> .....	grapefruit, oranges, Irish potatoes, onions, cabbage, carrots, local greens
	<u>Fort Worth</u> .....	bunched greens, spinach, carrots, green onions, grapefruit, oranges
	<u>Houston</u> .....	Irish potatoes, cabbage, carrots, onions, spinach, citrus fruits, beets

#### SPRING GREENS

Green vegetables are a spring food fashion. They add attractive color appeal to lunch and dinner menus...but more than that, they're rich in food value.

Nutritionists say green leaves contain food materials which are essential to good health. They're rich in minerals and vitamins. Particularly are they rich in iron and in vitamins A and C. Some are rich in calcium. Greens also are good sources of vitamins B<sub>1</sub> and G.





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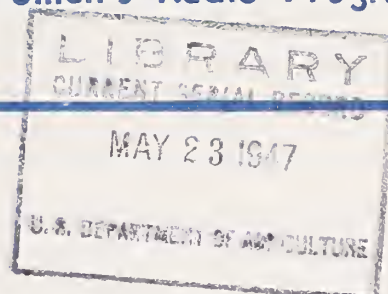
Southwest Edition

May 9, 1947  
No. 19



# Radio Round-up

A weekly service for Directors of  
Women's Radio Programs



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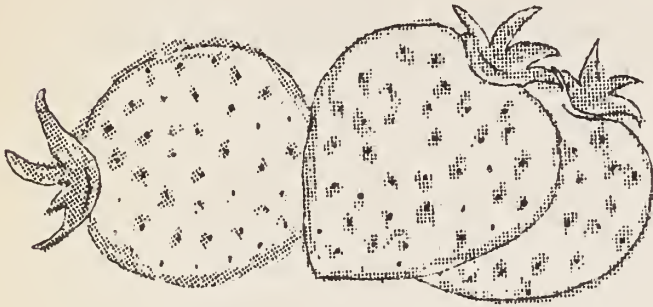
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## STRAWBERRY SUPPLY STORY

The time has come for the annual argument about strawberry shortcake...and whether you belong to the spongecake school or are ready to do battle for biscuits, you'll be glad to hear the good news that strawberry shipments are now on the increase. The cold weather and rain have been holding things up, but now the marketing specialists of USDA report supplies are moving from Louisiana, Arkansas, Alabama and California.



### The name of strawberry...

The strawberry...described scientifically as a juicy, edible, usually red fruit of any species of *Fragaria*...has given its name to several other fruits.

There's the strawberry tomato or ground cherry, the strawberry guava, the strawberry pear, and believe it or not...the strawberry raspberry. The last-named

is cultivated mostly for decorative purposes...it's described as having handsome foliage, large white flowers and showy red but insipid fruit.

The strawberry guava is a subtropical shrub or small tree with a dark-crimson fruit, said to be highly esteemed for use either fresh or preserved. We feel sure, however, that not even the strawberry guava can begin to approach the cool deliciousness...the subtle flavor...the juicy deliciousness of the red, ripe strawberry we know so well.

### Prices are high...

As for prices...well, they're likely to remain fairly high until local berries begin to come on the market. Therefore, you can help your listeners by suggesting ways of stretching the strawberry supply.

For instance, a spoonful of sliced or crushed berries will turn a dish of vanilla ice cream into something extra special. Also, they'll add flavor and color to a fruit cup or salad. And if the family insists on strawberry pie, you can give them the creamy custard variety that makes a few strawberries look like a lot.

### Keep safely...

It's wise to give your listeners a tip or two about kitchen care. Strawberries spoil quickly...so if they must be kept overnight, look them over and pick out any that show signs of softening or mold. Then put the berries in a colander or other ventilated container and keep them in a cool place. Don't wash strawberries until just before they're to be used, and remove the green caps only after the berries have been washed.

## THE MOTH MENACE

This is the season when most homemakers are coming face to face with the clothes moth problem. Here's some general information about moths and their control, directly from the entomologists of the U. S. Department of Agriculture, which you may like to give your listeners. It answers some of the questions almost everybody asks about moths...destroys a few pet theories, but gives some helpful tips too.

### Dry cleaning...

Dry cleaning kills all forms of moths present at the time of treatment, but doesn't impart moth resistance.

### Washing...

Washing in a strong solution of neutral soap kills all moths, but doesn't protect against reinfestation.

### Paper and paper bags...

If clothing just dry-cleaned or washed is wrapped in paper bundles, with the edges well folded back or sealed carefully, it will remain free from moths indefinitely...if the paper isn't broken. Sealing in unbroken hatboxes or other such boxes will accomplish the same result. It's a good idea to add some flake naphthaline to destroy any moths which may have got into the clothes before wrapping.

As for those paper garment bags...the same is true. The clothing must be clean, free from moths, the bag unbroken, tightly closed and sealed...or there's no real protection. The smell of cedar or pine oil in the bag won't keep moths out...neither does the printer's ink on newspaper have any protective value.

### Cardboard closets...

These are of doubtful value...many are worthless. If they're very tight, they give about the same protection as paper garment bags.

### Cedar-lined closets and cedar chests...

The cedar-lined closets as ordinarily installed in the average home cannot be depended upon for protection from moths.

There is a cedar chest which gives protection from moth attack provided it's tight and in good condition and provided the clothing is freed from the larger moth larvae before it's placed in the chest. This is a chest of red cedar made of 3/4 inch heartwood to the extent of 70 percent of the chest proper. Chests of neutral woods lined with a thin cedar veneer are not dependable. However, cedar chests may be veneered on the outside with such hardwoods as walnut or mahogany without affecting their value as moth protectors.

### Sunning and brushing...

Woolen garments kept in closets all summer should be frequently sunned and brushed. The soft eggs are easily crushed or dislodged by thorough brushing. Pay particular attention to all seams, pockets, etc. Moths cannot stand bright sun. Larvae drop to the ground from clothing left hanging in the sun on the line, especially if there are no folds in which they can find protection from the light.

### Cold storage and fumigable storage...

Both cold storage and fumigable commercial storage are excellent for protection of furs, clothing, rugs, furniture and other articles from moth injury.

### Moth resistant solutions...

USDA entomologists consider fabric or clothing treatments very important, although they know of no solution that gives permanent and absolute protection under all circumstances. Tests show that fabrics dipped in solutions of fluorine compounds at the factory are protected for some time, and the effectiveness lasts through several dry cleanings.

Certain fluorine solutions for treating clothes at home may be purchased. The experts recommend following the directions on the container, but urge that particular attention be paid to spraying along the folds, seams, pockets, and under lapels. They warn against using any solution containing arsenic on clothing or anything that may come in contact with the skin.

### What about DDT?...

As for DDT...tests are still being made to obtain the information required for definite recommendation.

However, it's been found that a five percent solution in deodorized kerosene may be sprayed on closet walls, floors or other surfaces. This will leave a DDT residue which will be effective for some time in killing the moths that land on the treated surface. This solution, sprayed on clothing or other fabrics, will help control moth damage.

WARNING: Don't use it near fire. Wash your hands when you're through spraying. Don't spray dark woolens with DDT solution...it leaves a light residue.

### TOMATO JUICE TIPS

With canned tomato juice on the list of plentiful foods for May, it's a good time to review some of the suggestions made in ROUND-UP more than a year ago regarding the use of tomato juice in place of canned tomatoes. If you still have in your files the issue of February 8, 1946, you may like to refer to the story "Tomato Juice VS Tomatoes". In case you don't have this information handy, however, here's a brief resume.



### Season lightly...

Food specialists of USDA tell us that tomato juice can replace tomatoes successfully in a soup, sauce, or baked dish, provided large pieces of tomato aren't important to the looks and flavor of the food served. As a general rule, juice can be used...measure for measure...in recipes where tomatoes are called for.

Be careful about further seasoning when making this substitution, however, as commercially canned juice often contains spices as well as salt. Therefore, it may be necessary to add seasoning with a light hand.

### Tomato jelly salad...

Now that salad days are here again, you might like to suggest to your listening homemakers a cool and delicious tomato jelly salad using tomato juice. Here's how it's made:

Soften one tablespoon plain gelatin in 1/4 cup cold water. Simmer two cups of tomato juice for about 10 minutes with one tablespoon minced onion and half of a small bay leaf. Add to gelatin and stir until gelatin is dissolved. Season to taste with a bit of sugar, salt, pepper and lemon juice. Pour into a mold or pan rinsed with cold water and chill until firm.

If you want to make it a salad with more substance, add 1/2 cut each of finely chopped cucumber and celery when the gelatin mixture begins to stiffen. Serve the salad with dressing on lettuce or other salad greens.

This recipe is enough for six.

### HEM-LINE HINTS

A problem many women are up against these days is that of letting down skirt hems., now that we're wearing them a bit longer again. You may like to pass along to your listeners a couple of suggestions from the clothing specialists of USDA which will help in solving that problem.

### If it's wool...

If it's a wool skirt that's being let down and the fabric is shiny on the underside of the hem, rip the hem and steam-press it on the wrong side of the fabric...that is, if the wool is light-weight or has a raised pattern in the weave. If it's thick wool, steam-pressing on the right side may be more effective.

To steam-press, cover the fabric with a dry wool pressing cloth, then with a cotton cloth dampened in warm water. Using a warm iron, set it down, then lift it...don't slide it back and forth.

If the shine still shows after all this, here's another trick. Take a clean brush or a rubber sponge, the kind used for suede shoes, and try raising the nap of the wool with it.

#### For rayon...

The steam-pressing described above may also work with acetate rayon which is shiny on the underside of the hem. If the shine can't be removed, however, the lengthening may have to be accomplished in some other way.

And here's a method that will often help to overcome a conspicuous hem crease. Try wetting the crease line on the wrong side, then turning the goods over on the right side and rolling the crease back and forth in the fingers to work it out. Press on the wrong side afterwards.

### COTTAGE CHEESE DESSERTS



We promised you a dessert recipe featuring cottage cheese, one of the foods added to the plentiful food list for May. Well, here's one that combines two of the foods on this list...cottage cheese and prunes. It's called cottage cheese prune whip, is simple to construct, and should be fine for topping off warm-weather luncheons and dinners.

#### Cottage cheese prune whip...

Here are the ingredients:

1 cup pitted cooked prunes

2 egg whites

1 tablespoon lemon juice

1/4 cup sugar

1 cup cottage cheese

Few grains salt

Combine prunes, lemon juice, unbeaten egg whites, sugar and salt, and beat with a rotary egg beater until mixture will stand in peaks. Fold in the cottage cheese, heap in dessert dishes. Do not let stand long before serving. This will serve six.

#### Molded cottage cheese salad...

And here's a molded cottage cheese salad that's glamorous enough for the dessert course...after a hearty meal this would be more welcome to many people than a heavy dessert. It brings strawberries into the picture, and you may want to check local supplies before you feature it. However, it will make a pint box go far enough to serve six people. When the individual red and white molds are presented on a bed of green lettuce, it's really something to see as well as something delicious to eat.

Here are the directions:

1-1/4 teaspoons gelatin

2 cups cottage cheese

2-1/2 tablespoons cold water

1 pint strawberries

Lettuce or other greens

Sprinkle the gelatin over the cold water and dissolve over hot water. Add to the cottage cheese and mix well. Add a few grains of salt if desired. Slice one cup of the berries, fold into the cheese, and place in six individual molds which have been rinsed with cold water. Chill, and when firm unmold on lettuce. Garnish with remaining strawberries, sliced or quartered, and sweetened if desired. Top with mayonnaise.

#### GARDENS NEED BOTH DUST AND SPRAY

Here's some information from the garden specialists of USDA for your garden files.

If you are asked any questions about the relative merits of dust and spray fungicides, here's the answer: it usually depends on the fungus to be controlled. Spraying is an effective check in some cases, dusting in others...sometimes either dust or spray may be used.

#### Amount to use...

Dust has the advantage of being easy to prepare and apply, but spray is often preferable because it sticks to the plants better than dust and can be applied even when light winds are blowing.

Remember too...in a small garden a little fungicide will go a long way. From two to three ounces of the dust mixture or from one to two quarts of liquid will provide treatment for 50 feet of plants of medium size, such as beans. Full grown tomato plants will require more.

#### Specific treatments...

Here are a few specific recommendations.

For treating anthracnose in beans, tomatoes, cantaloupes and peppers, the specialists recommend sprays of commercial compounds such as zerlate, fermate or dithane.

Dusting or ordinary sulphur may be used to check rust and powdery mildew of beans. Don't use sulphur dust on cucumbers or melons, however, as it damages these crops.

Copper fungicides, either Bordeaux mixture or one of the "fixed" copper compounds, are used either as dust or spray to control blight in tomatoes and potatoes.



# BEST FRESH FOOD BUYS

Grapefruit and onions are the best fresh food buys at key southwest markets this week, according to U. S. Department of Agriculture's Production and Marketing Administration.

Oranges are in second place for fruits, cabbage for vegetables. Other good buys include spinach, carrots, Irish potatoes and locally produced greens and radishes.

Strawberries are more plentiful. Apples are still a fairly good buy at several markets. Lemons are reasonably-priced for the beginning of the lemon-ade season.

## "Best buys" at key markets...

ARKANSAS:	<u>Little Rock</u> .....spinach, onions, cabbage, grapefruit, oranges
	<u>Pine Bluff</u> .....spinach, onions, cabbage, carrots, oranges
COLORADO:	<u>Denver</u> .....C-grade apples, white grapefruit, small oranges, homegrown asparagus, spinach, rhubarb, parsnips, old crop white potatoes, sweetpotatoes, cabbage
KANSAS:	<u>Manhattan</u> .....Irish potatoes, lettuce, oranges, grapefruit, celery, cabbage
MISSOURI:	<u>Kansas City</u> .....homegrown asparagus, spinach, rhubarb, kale, radishes, green onions, Texas beets, cabbage, grapefruit
LOUISIANA:	<u>Baton Rouge</u> .....Irish potatoes, cabbage, strawberries, grapefruit, oranges, carrots
	<u>New Orleans</u> .....carrots, white grapefruit, large oranges, onions
NEW MEXICO:	<u>Alamogordo</u> .....squash, Irish potatoes, onions, carrots, broccoli, radishes
	<u>Gallup</u> .....Irish potatoes, bananas, apples
OKLAHOMA:	<u>Ada</u> .....squash, green onions, oranges, grapefruit, Irish potatoes, radishes, lettuce, apples
	<u>Enid</u> .....Irish potatoes, lettuce, green onions, celery, radishes, grapefruit, asparagus, carrots

Lawton.....Irish potatoes, radishes, green peppers,  
cauliflower, beets, lettuce, spinach,  
cabbage, turnips, carrots, rhubarb,  
apples, oranges, lemons, grapefruit

Oklahoma City.....apples, cabbage, cauliflower, grapefruit,  
lettuce, green onions, oranges, Irish  
potatoes, spinach, tomatoes

TEXAS: Amarillo.....Irish potatoes, onions, radishes,  
asparagus, grapefruit, oranges, cabbage,  
squash, green onions, carrots

Austin.....white and yellow onions, carrots, cabbage,  
spinach, beets, white and yellow squash,  
Irish potatoes, grapefruit, green onions,  
radishes, lemons, mustard and turnip greens

Dallas.....oranges, grapefruit, celery, Irish  
potatoes, spinach, carrots, local greens,  
onions, lemons

Fort Worth.....cabbage, onions, spinach, grapefruit,  
oranges

Houston.....Irish potatoes, cabbage, carrots, onions,  
spinach, citrus fruits, beets

#### BREAKFAST BUILD-UP

This is the time of year when some people start cutting down on breakfast... the warmer weather sometimes makes appetites a bit finicky. Therefore, it's a good idea for the meal-planner to take a little extra pains with the first meal of the day...make it as attractive as possible. You can help by suggesting some interesting breakfast menus, making good use of the fresh fruits available...also of foods included on the plentiful list.

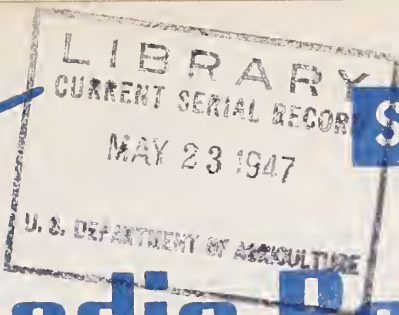
#### Foods needed...

The nutrition specialists of USDA point out that it's sound health planning to have one-fourth to one-third of the day's food at breakfast. That's the best time to make sure of some vitamin C-rich food, such as strawberries, cantaloupe, citrus fruit, or tomato juice.

Cereals, bread and fats are mainstays for energy. Cereals also provide protein, and the whole-grain and enriched varieties have added values in B vitamins and minerals. Milk is fine for breakfast because of its calcium and other nutrients. Eggs, lean meats and fish can provide additional protein for body building and repair.

And from a budget point of view, it's well to keep breakfast an important meal. If a person skips this morning meal, he must get the daily nutrients required for good health at lunch and dinner...and the foods generally served at these other meals are likely to be more expensive.

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**Southwest Edition**

May 16, 1947  
No. 20

# Radio Round-up

A weekly service for Directors of  
Women's Radio Programs

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U. S. Department of Agriculture  
Radio Service

Address inquiries to:

Information Service -- Southwest Area  
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423 Wilson Building, Dallas 1, Texas





## JUNE PLENTIFULS

The plentiful food list for June gives feature billing to canned foods. The following canned items are expected to be in generous supply throughout the greater part of the country and the seven-state southwest area of USDA's Production and Marketing Administration: carrots, beets, peas, (standard grade) tomato juice, citrus juice and grapefruit segments. Sauerkraut, both in cans and bulk, also is on the June list. So are dried peaches and prunes, especially the smaller sizes, peanut butter, cottage cheese, potatoes, fresh oranges and grapefruit.

### New foods added...

The only new foods added since the May list are canned beets and carrots, and you might like to know the reason. The packs of these two vegetables were increased during the war to more than double the prewar average, largely because of the demand from the armed forces. The 1946-47 packs of these items, especially beets, were reduced. Furthermore the prices, particularly for diced vegetables, have gone down since last fall. However, the movement into retail channels has been less than the canners expected, and as a result, stocks are much larger than a year ago.

While they're not on the plentiful list, frozen vegetables are available in much larger supply than in recent years, especially frozen spinach and peas. There have been considerable price reductions in these foods in many parts of the country. (Refer to RADIO ROUND-UP April 18, "Frozen Food Bargains".)

## SERVING SOME PLENTIFULS

A few suggestions for serving some of the foods on the June list of plentifuls may be helpful to your listeners. As you know, the canned vegetables can be adapted to recipes which call for cooked vegetables. First, let's consider the new items added for June...

### Canned beets and carrots...

These can be quickly and easily prepared for serving at luncheon or dinner, or can be combined with other canned or fresh vegetables. They're both colorful and delicious additions to the vegetable plate or to the salad plate which is especially attractive for summertime menus.

Don't overlook the carryover from the May list of plentifuls, which will make them a fine threesome...canned peas. In addition to the simple vegetable salad, there's the attractive jellied affair you can prepare with plain gelatin. An especially good beet salad can be made from chopped beets and chopped hard-cooked eggs, served on lettuce with a flavorful dressing.

Served as the vegetable course at mealtime, there are a number of interesting things to do with these canned vegetables. It's easy to prepare beets in the style that make them eligible to be called Harvard Beets.

Here's a simple recipe:

1 tablespoon cornstarch	1/4 cup vinegar
or 2 tablespoons flour	1/4 cup water
2 or 4 tablespoons sugar	2 tablespoons fat
1/2 teaspoon salt	3 cups cooked beets, sliced

Mix cornstarch or flour, sugar and salt. Add vinegar and water and boil five minutes, stirring constantly. Add the fat and the beets, and let stand until the sauce becomes red. Reheat if necessary.

When it comes to carrots, they can be combined with green vegetables, such as peas, in very attractive style. Or they can be made into a Carrot Scallop, which makes them something very special. In case you'd like to pass the directions along, here's how:

Arrange three cups of sliced cooked carrots in a baking dish. Pour over them two cups of thin white sauce. Sprinkle with a mixture of bread crumbs and grated cheese, if desired. Bake in a moderately hot oven (375 F.) 20 minutes, or until browned.

#### Cottage cheese sauce...

In case you'd like another cottage cheese idea, here's something a bit out of the ordinary to add to the recipes we've given you recently. It's a delicious sauce to serve with salmon or tuna, to pour over boiled or baked potatoes, or over buttered toast.

The ingredients are:

2 cups milk	8 young onions
2 tablespoons corn-	1-1/2 teaspoons salt
starch	1/8 teaspoon each of paprika
1/2 cup cottage cheese	and curry powder

Heat the milk in the top of a double boiler. Mix cornstarch in a small amount of cold milk and add to that in the double boiler, stirring constantly. Chop the onions fine, including some of the green tops, and add these, together with the cottage cheese, to the sauce. Add seasonings last.

#### SUPPLIES FOR HOME CANNING

Homemakers making food preservation plans will be interested in the supply situation of home canning equipment. It looks now as though there will be enough glass jars, both pint and quart sizes. More natural rubber is being made available to manufacturers of closures, so no shortage of rubber rings or self-sealing jar tops is anticipated.



### Buy supplies early...

Makers of pressure canners are turning out both seven and 14 quart canners as fast as they can get raw materials. The bottleneck in supply is the availability of supplies. Since there probably won't be enough pressure canners for all who want them, homemakers should place their orders early. There may be spot shortages of tin cans. Dealers will purchase enough tin containers to cover the sales they expect to make. When these are gone, they probably won't buy more unless there's a demand. Therefore, if the home canner waits until the last moment to buy these supplies, she's likely to suffer some inconvenience if the dealer is then out of stock.

### Make check ups now...

Another bit of advice...and we've mentioned this before...those who have pressure canners should have the gages checked without delay. This should be a yearly proceeding and can be done by the dealer, the manufacturer of the canner or by the County Home Demonstration Agent.

Where canning is to be done in tin cans, now is the time to check over the sealing machine to see whether any of the parts need to be replaced.

Community canning centers will be operating on much the same scale as last year...when there were about 6,000 in operation throughout the country. Reports indicate many centers have added new processing equipment. Patrons of community canning centers have discovered the ease and economy of canning where good equipment and supervision are available. If you're not familiar with the location of a center near you, contact the state office of USDA's Production and Marketing Administration, or the vocational agricultural or homemaking teacher in your local high school.

## ROSE POINTS

Whether you gather your rosebuds from the garden or pluck them out of a florist's box, here's some information from USDA plant scientists which will interest you. They offer some tips which will help cut roses to live a longer life, thus prolonging the enjoyment of these beautiful blooms...tips you'll want to pass along to your listeners.

Let's say you're cutting roses from the garden. Those gathered in the late afternoon...about 5 o'clock, say...keep longer than the buds cut in the early morning. The plant scientists explain this is probably because there are more carbohydrates in the leaves and stems at the end of a sunny day.

### Proper way to cut...

Then...there's a special way of cutting the stems...with a long slant to the cut. This means that the cut surface, through which the water is absorbed, won't be closed off if the end of the stem presses against the bottom of the vase. And it's better to use a sharp knife rather than shears for cutting roses, since a smooth-cut surface lets the water flow into the stem easily.

Another thing...most of the water is absorbed at the base of the stem. Very little goes in through the leaves. For this reason, there's no particular advantage in plunging roses up to their necks in water. As a matter of fact, it's better to remove the leaves on the lower part of the stem, since they decay in the water. This promotes the growth of bacteria, which plug up the tubes and cause the flowers to wilt for lack of water.

#### Keep them cool...

That's the first step in conditioning roses...getting the bloom full of water. The second step is putting the vase in a cool place, such as the refrigerator, for several hours or overnight, immediately after the flowers are cut.

And answering the question most people have as to whether certain chemicals, aspirin and quinine, for instance, help in keeping roses fresh longer...the scientists say that tests do not show these to be noticeably effective.

### FARM WORK FOR YOUTH

Any day now you may be asked to give some air time to the farm labor program ...specifically to encouraging young people of school age to volunteer for summer jobs on farms. While the farm labor shortage isn't as serious as it was during the war, farmers still need the help boys and girls can give. There won't be any national campaign as there was for the Victory Farm Volunteers, but when local needs arise your station probably will be asked to make some appeals for help.

#### Production continues high...

Here are a few facts about the situation which you may like to have as background material:

American farmers expect to produce near-record crops in 1947. The demand for food in the United States is greater than before the war, and as you know, there's still a desperate need for American food in other parts of the world. Farmers are still up against industry's competition for labor...and the higher wages offered by industry. All this explains why they're looking to the young folks again this year to help get the crops in.

#### Work supervised...

You probably know the farm work program for town and city youths is sponsored by the Extension Service of the U. S. Department of Agriculture. The Agricultural Extension Service of the State Agricultural Colleges is in charge in each state and the county agricultural agent takes the responsibility for young people working on farms in his county. Naturally, the boys and girls work under direct supervision of the farmer.

From the standpoint of the young people themselves, there are many advantages to a farm job, in addition to the money earned. That, incidentally, will be the prevailing wage for youth, according to experience. It's hard work but not too difficult for teen-age boys and girls and teaches them many valuable lessons, both in taking directions and assuming responsibility.



The outdoor physical activity will be beneficial too...and it won't all be work, of course. There's likely to be swimming, picnics, possibly the county fair or field day, in addition to the usual social life of the community.

Those who want detailed information can get it from the local school principal or the county agricultural agent.

#### NEW FOOD COATING

Have you heard about the new coating for sausage and other meat and food products? It's a protective film of good strength, but is so tender it dissolves on food that's boiled...or can be eaten right along with the meat if it's fried or roasted.

This new food covering is made from waste products...citrus peel or other fruit and vegetable wastes and the process is one that's simple and easily controlled.

Scientists of USDA's Western Regional Research Laboratory at Albany, California, have developed this new film, and the announcement was made very recently before the Food Industries Advisory Committee at Sky Top, Pennsylvania. They say it's definitely promising as a coating material for a number of foods, including fruits and vegetables, has many potential uses, and may be easily made on a commercial scale.

#### KEEPING SUGAR ON THE MOVE

Consumers who use Sugar Stamp No. 11 at once can help greatly in aiding smooth distribution of sugar and in relieving a tough transportation problem which the estimated billion bushel winter wheat crop may cause. While the nation's sugar supply for the year remains unchanged from the previously announced 6,800,000 tons, the distribution problem is something else again. In another month or so there won't be enough box cars to do a good job of moving sugar and wheat at the same time.

##### New stamp validated...

To enable sugar supplies to move while railroad transportation is available, housewives and industrial users will be permitted to buy sugar in advance of the customary rationing date. A second 10-pound stamp...No. 12...for consumers will be validated June 1 instead of July 1. This stamp must last until October 31. Stamp No. 11 will be good until October 31 also. Industrial users are getting their next quarter's sugar date moved up and inventory restrictions relaxed.

##### Shipments increase...

Much of the sugar used in this country is brought from Hawaii, Puerto Rico and Cuba. In fact, Cuba will furnish about half of our supply for 1947. Large quantities of this sugar must be brought into this country during the heavy Cuban production season, from February through May each year.



A great deal is coming into the United States right now. At present, it can be moved to places where it will be needed. Later on the movement of the projected billion-bushel winter wheat crop would interfere with the sugar movement and at a time when sugar demand is heaviest for home and commercial canning, ice cream and soft drink manufacture.

Save some for canning...

Apparently many household and industrial users, finding supplies available at present, are postponing buying. This, together with the heavy import movement, is creating a temporary surplus in the hands of distributors. A last minute rush to cash unused sugar ration coupons when transportation facilities are overtaxed with the movement of other commodities could result in the development of local shortages.

Store keepers, as with homemakers also, have to turn in ration evidence to replace their sugar stocks. If they are delayed in placing their sugar orders because homemakers delay in cashing ration stamps, replacement sugar shipments may be slowed down. The homemaker who cashes her sugar coupons now will be sure of sugar for the present household use...with some "put by" for later canning.

WHAT PRICE FOR SUGAR

Since new dollar-and-cent pricing system went into effect May 1, the homemaker needs to know just two things to be able to figure out exactly what the ceiling price in her store is.

First she needs to know the group the store is in. This will be posted in the store. Group 1 stores are independent groceries with gross sales of less than \$50,000 a year. Group 2 stores are independents, grossing up to \$250,000 a year.

Larger independents and chains will continue to figure their own prices on the basis of cost plus percentage mark-ups. However, in no case may their prices exceed the ceiling set for independent-grocers in their same area.

The next thing the homemaker needs to know is the price that applies to each group of stores in the community. Stores are not required to post price schedules but homemakers can find out the ceiling for any store group by calling the nearest Sugar Rationing Administration office. This information also may be obtained from the office of the County Agricultural Conservation Association, or from the County Agricultural Agent.

You may want to keep the attached schedule where you can refer to it readily. It shows the ceiling prices on sugar by community pricing areas and store groups in the Southwest. A list of Sugar Rationing Administration offices is also included for your convenience.

Other seasonally abundant foods included Irish potatoes, spinach, cabbage, corn, greens, asparagus and green beans.

ARKANSAS:	<u>Fort Smith</u> .....onions, spinach, turnip greens, oranges, grapefruit
	<u>Jonesboro</u> .....carrots, Irish potatoes, strawberries
	<u>Little Rock</u> .....onions, carrots, fresh spinach, oranges, grapefruit
	<u>Pine Bluff</u> .....onions, carrots, fresh spinach, oranges, grapefruit
	<u>Texarkana</u> .....Irish potatoes, turnip greens, onions, carrots
COLORADO:	<u>Denver</u> .....C-grade apples, white grapefruit, oranges, carrots, green corn, Texas onions, peas, new Irish potatoes, rhubarb, spinach
KANSAS:	<u>Manhattan</u> .....beets, cabbage, homegrown asparagus, rhubarb, spinach, citrus fruits
MISSOURI:	<u>Kansas City</u> .....asparagus, radishes, rhubarb, kale, cauliflower, Texas onions, beets, sweet-potatoes, sweet corn, snap beans
LOUISIANA:	<u>Baton Rouge</u> .....Irish potatoes, snap beans, cabbage, carrots, grapefruit, lemons, oranges
	<u>New Orleans</u> .....onions, cauliflower
NEW MEXICO	<u>Alamogordo</u> .....Irish potatoes, onions, carrots, radishes, celery, cabbage
	<u>Gallup</u> .....Irish potatoes, onions, oranges
OKLAHOMA:	<u>Ada</u> .....green onions, cabbage, carrots, spinach, strawberries, Irish potatoes, radishes, grapefruit

Ardmore.....strawberries, new Irish potatoes, cabbage,  
citrus fruits, green corn, tomatoes

Enid.....tomatoes, carrots, asparagus, Irish  
potatoes, lettuce, cabbage, radishes,  
onions

Oklahoma City.....asparagus, green beans, carrots, celery,  
green corn, lemons, onions, oranges,  
Irish potatoes, squash, spinach

TEXAS:

Austin.....yellow onions, carrots, green beans,  
beets, new Irish potatoes, grapefruit,  
radishes, lemons, spinach, white squash

Dallas.....strawberries, citrus fruits, onions,  
green corn, black-eyed peas, local greens

Fort Worth.....bunched greens, spinach, onions, squash,  
green corn, grapefruit, oranges

Houston.....Irish potatoes, cabbage, carrots, onions,  
spinach, Texas citrus, celery



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**Southwest Edition**

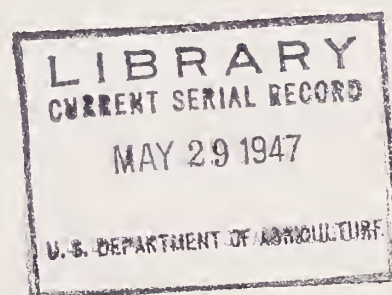
May 23, 1947  
No. 21

# Radio Round-up

A weekly service for Directors of  
Women's Radio Programs

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U. S. Department of Agriculture  
Radio Service

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## STRAWBERRY FREEZING FACTS

In case you're receiving inquiries about home freezing of strawberries which are abundant in many markets, here are some suggestions from the home-freezing experts of the U. S. Department of Agriculture which may help you in giving the answers.

One pound (2 cups) of sugar will be required for each 4 quarts of strawberries as picked. The berries should be firm, table-ripe and of a suitable variety for freezing. Information about the best varieties for freezing in each locality can be obtained from the State College of agriculture or extension service.

Several types of containers can be used for strawberries to be frozen...cartons with bag liners, glass jars and tin cans. Remember frozen berries can't be removed from a glass jar until at least partly thawed. There are special freezer jars with wide mouths on the market this year.

### Directions simple...

Here are the simple directions for freezing strawberries: Cap and sort, discarding any that are green, bruised or over-ripe. Wash in cold water and drain. Berries may be left whole or sliced, as preferred.

Add sugar slowly, (1 cup to about 5 to 8 cups of berries), turning berries over gently until sugar dissolves. Pack tightly in containers with the juice...press berries gently with a spoon if necessary, until juice is over them. Leave room for fruit to expand in freezing...about one inch in a carton and bag,  $1\frac{1}{2}$  inches in jar or tin can. Seal tightly.

## GRAIN REVIEW

It looks now as though the United States will be shipping more grain...wheat, corn, barley and oats...abroad for the year July 1946 - June 1947 than during any other year in our history. Shipments are expected to total more than 525 million bushels.

Wheat and flour lead the export list, totalling over 360 million bushels. Corn is next in line.

During May, June and July, it's hoped that more than 175 million bushels can be exported to all the 30 or more countries throughout the world to which American grain has been allocated. Special efforts already are being made to speed up shipments of grain to U. S. - occupied areas in Europe...Germany and Italy.

Although the carryover of 1946 crop wheat may be the smallest on record, there is no shortage of flour for domestic consumers. And in a few weeks, farmers will start marketing the biggest winter wheat crop ever produced...over a billion bushels. This harvest will make it possible to continue large shipments abroad and yet maintain home use at high level.

## SOYBEANS -- U. S. STYLE

It may seem like carrying coals to Newcastle for us to be sending samples of soybeans to the Orient. However, growers in that part of the world, and in many other areas too, have asked for soybean breeding strains during the past three years.



### Strains improve...

This crop was adopted originally from the Orient, of course, but USDA's plant scientists have developed improved, high-yielding strains. During the war seed stocks were seriously depleted, sometimes completely lost, in other countries.

Now, as they ask us for help, we're able to supply seed from samples we collected before the war. For example, in reply to a recent appeal from Korea, soybean seed was sent from the most promising strains of 2500 original samples collected in that country in 1929 and 1930.

### Production studies...

During the past couple of years, representatives of 20 foreign countries have visited USDA's Plant Industry Station at Beltsville, Maryland, to confer with Department scientists. Some of these visitors remained in the United States for a year, traveling to various sections of the country to study production, processing and other phases of soybean industry.

## ASPARAGUS ASSIGNMENT

Back in the 17th century, most people called it sparrowgrass and sometimes you hear that name used jokingly even today. It's a corruption of the proper name of the delicious spring vegetable almost everybody likes...asparagus...and since around 1800 the right name has been in general use.

### Plentiful in some Southwest markets...

In many parts of the country, asparagus is currently plentiful and reasonable in price. Five key markets in Production and Marketing Administration's seven-state southwest area list it this week among their best buys in fresh vegetables and fruits. These markets are Manhattan and Topeka, Kansas; Oklahoma City and Lawton, Oklahoma and Las Cruces, New Mexico. It's also on the best buy list from Kansas City, Missouri.

### Tricks to cooking...

Some cooks mistreat asparagus when they're cooking it...stewing it until it's limp, drab and tasteless, not to mention lacking in vitamin C. You can be a good Samaritan by passing the word along to your listeners that there's a trick or two to cooking it, in case they don't know.

These are suggestions from home economists of the U. S. Department of Agriculture about preparing and cooking asparagus so that flavor, color and nutritive value are preserved..and so that the tips aren't over-cooked.

To Prepare: Trim off the tough ends; remove scales along the stalk that hold grit; wash stalks thoroughly.

To Cook Whole Stalks: Tie the stalks together loosely and stand them upright in a saucepan or kettle. Use enough boiling, salted water to come about one-third of the way up the stalks, cover and cook 10 to 25 minutes, or until just tender. In this way, the tips cook in the steam. If you have a regular asparagus cooker,

everything is easy. If not, though, it's simple to invert another pan over the top of the pan you cook the asparagus in, to make a tall cover.

Cooking Cup-up Asparagus: Cut asparagus into 2-inch lengths, drop the lower-stalk pieces into a small quantity of boiling, salted water, cover and cook 5 to 10 minutes. Then add the tips and continue cooking until all are tender. Fresh, young asparagus may not require more than 10 minutes' cooking...less tender from 20 to 25 minutes.

Quantity Note: One pound of asparagus makes about  $2\frac{1}{2}$  cups when cut up. Cooking it that way makes a little go a long way, of course, and is a good suggestion to make when the price is high.

Suggestions for Serving: Hardly anything beats serving well-cooked asparagus simply with melted table fat or strips of crisp bacon. For variety, and extra nourishment too, it's fine with creamed sauce, cheese sauce or hollandaise, poured over toast or biscuits, or in patty shells.

Asparagus teams up well with peas, diced creamed potatoes, or with spaghetti. It makes a mighty good salad too, chilled or served on lettuce with dressing, or combined with other cooked vegetables or with chopped hard-cooked egg in a salad.

Asparagus Soup: This is a good choice for luncheon, or as the first course of a simple dinner. It takes from  $\frac{1}{2}$  to 1 pound of asparagus; 1 teaspoon salt; 2 tablespoons table fat; 2 tablespoons flour; 4 cups liquid...asparagus cooking liquid plus milk.

Follow directions given for cooking cut-up asparagus. Measure liquid left over and add enough milk to make 4 cups. Melt table fat, blend in flour, add the liquid and cook over low heat, stirring constantly until slightly thickened. Press the cooked asparagus through a colander or coarse sieve, and add to the sauce. Reheat and serve.

Asparagus Omelet: This is a delicious luncheon dish and simple to make. Add cooked asparagus to the egg mixture before cooking, or spread the asparagus on top of the omelet after it has set but before it's rolled onto a hot platter to serve. Have asparagus drained and finely chopped, and use cooking liquid in place of milk or water in mixing the omelet.

#### COOK AND FREEZE

We're hearing more and more about freezing pre-cooked food at home, and as time goes on, as more home freezers come into use and as homemakers learn how convenient it can be to have a whole meal cooked and ready in the freezer, it's likely to become a common practice.

#### Practical tips...

Many of your listeners are sure to be interested...some of them may already have asked you questions about it. Therefore, we're giving you some tips from the food specialists working in various state experiment stations, designed to help the person freezing pre-cooked food for the first time.



In the first place, start with food of fine quality and never overcook it. Remember, it will require reheating before serving. Handling and preparation must be completely sanitary because cooked foods spoil quicker than uncooked foods.

Go easy on seasoning...

Don't season cooked foods too highly before freezing. They keep their fresh flavor longer when they're unseasoned. Salt and onions gradually lose flavor in storage. Pepper, on the other hand, becomes more pungent.

Cool foods promptly after cooking before packing them for freezing. It's helpful to set the container in cold water. Prompt cooling cuts down the chance for growth of spoilage organisms and also insures faster freezing.

Pack in small packages...

As for packing, the same moisture-vapor-proof containers used for other foods are right for pre-cooked foods. It's well to put only enough for one-time service in a package. Foods in small packages freeze and thaw faster than in large ones ... and that helps prevent a warmed-over flavor.

Make as solid a pack as possible, leaving only enough space at the top to allow the liquid to expand in freezing. Pieces of cooked meat and poultry stay frozen better if you protect them from the air by covering them with gravy or sauce.

Date labels...

The final warning of the research workers is to have clear, durable labels for frozen food packages. It's well to date the labels too, in order to assure using the contents while the quality is still tops.

## WORLD FOOD SUPPLY

Following are highlights from the latest report on the world food supply, prepared by USDA's Office of Foreign Agricultural Relations.

Indications are there will be little, if any, more food in the world in 1947-48 than during 1946-47, despite world-wide efforts to increase production.

Grain production is down in several importing countries. While this may be offset by increased grain crops in the principal exporting regions, there's little chance that the relatively low consumption levels of 1946-47 can be raised.

There may be more sugar, potatoes, and fats and oils but even if this is the case, supplies will continue below prewar.

Unfavorable weather hampers crops in parts of Europe...

Western Europe's acreage of winter food grains has been reduced by severe winter weather, extensive floods and labor shortages. Only a small part of this loss can be made up by spring plantings. However, this area may produce more sugar-beets, potatoes and feed grains...also more livestock products.



In central and eastern Europe prospects for increased grain production are better. More winter grains were planted, and the winter-kill has been small.

Weather deciding factor in Soviet Union...

The Soviet Union has a better crop outlook than last year too. Weather conditions were favorable during the winter and spring, but the final outcome will depend on the weather during the last half of this month and in June.

Prospects in Japan less favorable...

In Japan, food prospects are less favorable than in 1946, and little expansion in acreage is possible. The increased population, plus repatriates, will call for greater food imports during the coming year.

Drought damages China crops...

Most areas of China have above-normal crop prospects. However, there's damage to the wheat crop of central China from drought and rice planting has been retarded. The production of rice in the surplus producing areas is expected to continue low, thereby increasing the bread grain requirements.

Finance major problem...

Concluding this report, OFAR points out that finance will be a major problem in agricultural trade in 1947-48. As you know, Lend-Lease and UNRRA are out of the picture. Therefore, the volume of foreign imports will depend on the amount of U. S. funds appropriated for foreign relief, and on the buying power that can be mastered by importing countries themselves.

HOLIDAY FIRE DANGERS

Many family discussions are going on right now about what to do over the long memorial day weekend...but it's pretty sure that almost everybody is planning to be out-of-doors a good deal of the time.

Holiday long...

The holiday is long enough for a trip in the car...some families will spend the three days at the beach or in the mountains...and doubtless a good many of the menfolks are planning a fishing expedition. On this first big holiday of the summer, everything indicates that more people will be outdoors and on the road than for years past.

Guard against fires...

Along with the program ideas you've already lined up for the next week, taking holiday plans into consideration...USDA's Forest Service hopes you'll include a reminder to your listeners that it's very important to take every precaution against forest fires.





KANSAS:	<u>Manhattan</u> .....citrus fruits, homegrown asparagus, spinach, rhubarb
	<u>Topeka</u> .....green beans, grapefruit, onions, new potatoes, sweet potatoes, asparagus, carrots, cauliflower, tomatoes, rhubarb, spinach, radishes
MISSOURI:	<u>Kansas City</u> .....homegrown asparagus, rhubarb, spinach, mustard greens, onions, strawberries
LOUISIANA:	<u>Baton Rouge</u> .....Irish potatoes, green beans, carrots, oranges
	<u>New Orleans</u> .....green corn, onions, grapefruit, tomatoes
NEW MEXICO:	<u>Alamogordo</u> .....cabbage, spinach, radishes, potatoes, onions
	<u>Gallup</u> .....potatoes, onions, oranges
	<u>Las Cruces</u> .....potatoes, onions, green and dry asparagus, carrots, cabbage, celery, oranges, grapefruit
OKLAHOMA:	<u>Ada</u> .....radishes, strawberries, cabbage, potatoes, grapefruit, bananas, lettuce, green onions, carrots
	<u>Ardmore</u> .....citrus fruit, lettuce, strawberries, carrots, onions, potatoes, beets, grapefruit, bananas, new potatoes, lemons, lettuce, cabbage
	<u>Enid</u> .....potatoes, green beans, tomatoes, green corn, onions, carrots, oranges, grapefruit, turnips
	<u>Lawton</u> .....asparagus, green corn, potatoes, radishes, peppers, cauliflower, celery, beets, tomatoes, squash, eggplant, onions, green peas, lettuce, spinach, cabbage, turnips, carrots, rhubarb, apples, oranges, lemons, grapefruit, bananas, pears, strawberries
	<u>Oklahoma City</u> .....asparagus, celery, grapefruit, lettuce, onions, peas, potatoes, squash, spinach
TEXAS:	<u>Amarillo</u> .....green corn, green beans, cucumbers, squash, radishes, carrots, oranges, grapefruit, potatoes
	<u>Austin</u> .....onions, cucumbers, corn, carrots, beets, potatoes, green cabbage, green beans, parsley, squash, turnips, greens, oranges
	<u>Dallas</u> .....black-eyed peas, green beans, potatoes, squash, corn, onions, locally grown greens, tomatoes, lemons, grapefruit, oranges
	<u>Fort Worth</u> .....green beans, squash, onions, carrots, green corn, oranges, grapefruit





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**Southwest Edition**

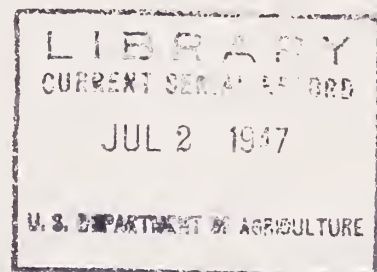
May 29, 1947  
No. 22

# Radio Round-up

A weekly service for Directors of  
Women's Radio Programs

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U. S. Department of Agriculture  
Radio Service

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## FOOD FOR TWO

June is the month when you'll probably devote a good deal of program time to the June bride. You'll be considering her wardrobe, the furnishings of her new home and all that. The business of meal-planning and food-shopping will suddenly become very important too, especially to the brides who've done very little of this sort of thing at home.

### Shopping will be different...

The girl who's just gone to the grocery occasionally with a list made out by Mother will find it a far different matter to make out that list herself, on the basis of menu plans that provide a delicious and well-balanced diet.

### Sample weekly shopping order suggested...

The following weekly food chart is one you may like to suggest to the inexperienced housekeeper. It was planned by USDA's Bureau of Human Nutrition and Home Economics and gives the approximate amounts of different classifications of food needed to provide a nourishing diet for two...even includes a sample weekly shopping order.

Green and yellow vegetables: 7 to 8 pounds in all, which might be divided as follows: 1 head lettuce, 1 lb. snap beans, 1 lb. squash, 1 bunch broccoli, 1 lb. kale, 1 pkg. frozen peas, 1 bunch carrots.

Citrus fruit, tomatoes: 4 to 6 pounds; 1 doz. oranges, 1 can tomatoes, 1 grapefruit.

Potatoes, sweetpotatoes: 5 pounds; 1 lb. sweetpotatoes, 4 lbs. potatoes.

Other vegetables, fruit: 8 to 9 lbs. apples, 1 lb. other fruit, 1/2 lb. raisins, 1 No. 1 can vegetable soup, 1 head cabbage (small), 1 lb. turnips, 1 lb. onions, 1 bunch celery.

Milk, cheese: 9 to 10 quarts, (1 oz. cheese or 2 to 3 large dips ice cream equal 1 cup milk); 8 quarts fresh whole milk, 1/4 pound cheese, 1 pt. ice cream.

Meats, poultry, fish: 5 to 6 pounds; 1/2 lb. liver, 1 lb. hamburger, 3 lbs. roasting chicken, or shoulder of lamb, 1 lb. fish.

Eggs: 1 dozen.

Dry beans, peas, nuts: 1/2 lb.

Flour, cereals, meal: 6 to 7 pounds (count 1-1/2 lb. bread as 1 lb. flour); 2 loaves enriched white bread, 1 loaf whole-wheat bread, 1 loaf rye bread, 1-1/2 lb. rolled oats or ready-to-eat cereal, 1-1/2 lb. flour, 1/2 lb. cornmeal or rice.

Fats, oils: 2 pounds; 1 lb. table fat, 1/2 lb. shortening, 1/2 pt. salad dressing or salad oil.

Sugar, sirup, preserves: 1-1/2 pounds; 1/2 to 1 lb. sugar, 1/2 to 1 pt. molasses, jelly, or preserves.

#### Geared to average couple...

These quantities are geared to the average couple where the wife is keeping house or doing office work, and the husband's work calls for a moderate amount of muscular effort: For example, a carpenter, salesman or factory worker.

If either the wife or husband is usually large or active, the suggested quantities of some foods may need to be increased...for instance, potatoes, dry beans and peas, nuts, flour and cereals, fats and oils.

You might suggest also that some of the supplies named may be bought in larger quantities, to save both time and money. If they're properly stored they can be used the next week.

#### A WORD ABOUT WEEDING

You doubtless have many gardeners among your listeners...some who are experts, others who've planted a garden for the first time this year...and still others who think of gardening primarily as a fine means of exercise.

The first group, in all probability, hardly needs to be told about the following suggestions from the garden specialists of USDA. The other two might well profit by it, however. Here it is:

Don't hoe or cultivate your garden any oftener than is necessary to control the weeds. Deep cultivation is not only hard work for the gardener but also usually injurious to plant roots. If the soil has been properly prepared before planting, only light surface stirring of the soil throughout the summer is required for most garden crops.

#### Stir prepared soils lightly...

The early preparation involves careful plowing or spading that completely turns and pulverizes the top few inches of soil. Then, when the soil is dry enough after a rain or irrigation, stir it lightly to kill the weeds and leave the surface loose.

Don't work the soil while it's wet...this applies especially to heavy-textured land which is likely to remain full of clods and lumps the rest of the season if it's worked when wet.

#### Weeds rob plants of water and food...

A sharp hoe or other tool can be used for scraping the surface of the soil. This will destroy the weeds without going deep enough to injure plant roots.

Weeds rob your garden plants of water and plant food. So naturally, it's important to keep them down. However, there's no use in wasting a lot of effort hoeing oftener or deeper than is really necessary.

## SWEETENING FRUIT FOR FREEZING

Last week we talked about freezing strawberries, and here are some suggestions from the Bureau of Human Nutrition and Home Economics about the quantity of sugar required in freezing fruit. Approximately 1 pound of sugar to 3 or 4 pounds of fruit is the proper amount.

The purpose of adding dry sugar to fruit for freezing is to draw out enough juice to dissolve the sugar and cover the fruit. Where fruit is less juicy, sugar goes farther when it's prepared in a sirup. This is satisfactory for most fruits. Juice fruit such as strawberries or sour cherries are best packed with dry sugar.

There are only a few fruits which may be frozen without sugar...including the tart cranberry and rhubarb. Since they must be sweetened before eating, however, it's well to bear this in mind, and count on sugar from the household supply.

## STRAWBERRY SWEETS

While strawberries are still with us, your listeners may like to hear about some good recipes for strawberry jam. This is a great favorite in most families, is comparatively easy to make, and more economical than strawberry preserve.

As you know, berries can be used for jam even if they're not perfect in shape or uniform in size. Here's a recipe suggested by USDA's home economists: 2 quarts berries, 1-1/2 pounds sugar, 1 to 1-1/2 tablespoons lemon juice. Wash berries, drain and cap and pick out the largest. Take about 2 cups of the smaller fruit, crush and add the sugar.

Cook rapidly in an enameled saucepan, stirring until sugar is dissolved and a thick sirup formed. Add remainder of fruit and continue cooking rapidly, stirring frequently to prevent scorching. Cook for 20 to 30 minutes or until fairly thick, then add the lemon juice. Pour into hot sterilized jars, seal, and store in a cool place.

## STRAWBERRY AND RHUBARB JAM

This recipe is a bit out of the ordinary, and you may like to mention it during the comparatively short time both these fruits are in season.

Wash the strawberries, drain them and remove the caps. Cut young tender rhubarb into inch pieces, taking care not to remove the skin. For each pound of berries use a pound of rhubarb. To each 2 pounds of the combined fruits, allow 1-1/2 to 2 pounds of sugar.

Cover the rhubarb with a part of the sugar and allow it to stand an hour or two to extract the juice. Crush the strawberries, mix with the remaining sugar, and combine with the rhubarb. Heat slowly until the sugar is dissolved, stirring meanwhile. Continue the stirring while boiling 15 to 20 minutes, or until the jam is somewhat thick. Pour into hot sterilized jars and seal.



Cooking and canning tips...

An asbestos mat under the pan in which strawberry jam is being cooked will help guard against scorching. Also, it's better to use a wide, shallow kettle, and cook in small batches. If you work fast in making strawberry jam, more of the bright color and delicious flavor of the berries will be preserved. This also helps to retain more of the vitamin C.

CEREALS CONFERENCE URGED

With the idea of keeping you posted on the world food situation, (refer to story in RADIO ROUND-UP May 23rd), we're quoting here some statements made by Secretary of Agriculture Anderson in a letter this week to Dr. D. A. Fitzgerald, Secretary-General of The International Emergency Food Council. You may recall, Mr. Anderson suggested in this letter that the Council sponsor a conference on cereals, to be attended by the Ministers of Food and Agriculture and their administrative officials and technical experts.

Secretary urges conference be held in Europe...

The purpose of this meeting would be two-fold...to explain the urgent necessity for preserving food supplies in the various countries, and to discuss their management and orderly distribution. The Secretary urged that this conference be held in Europe not later than the middle of July.

Prompt action needed...

Mr. Anderson pointed out that unless the different countries take prompt action to make most effective use of their own crops, there's almost sure to be a repetition next spring and summer of the major difficulties the world is now facing.

He goes on to say that while it is true the United States has prospects of another bumper wheat crop, the increase over last year would not offset the decline which now seems certain in food grain production in Western Europe.

Mr. Anderson gives assurance the United States will make available every bushel of grain it can spare and transport, but says this will not resolve the expected difficulties.

The Secretary concludes his letter as follows: "I, of course, fully appreciate the immensity of the food management job that confronts many of the countries. Nevertheless it is apparent that unless every precaution is taken to insure against dissipation of indigenously produced food supplies from the coming harvest, the world may be confronted a year from now with a food problem more difficult than at present. In view of this, the agenda of the conference I propose should include such additional items as will promote a thorough understanding of the food problem that lies ahead and lay the basis for the most effective action by the importing countries."

### SUGAR STAMP LINEUP

As you know, Spare Stamp No. 12 in War Ration Book 4 was made valid May 26 instead of June 1, as originally announced by USDA's Sugar Rationing Administration. Announcement was made at the same time that another stamp, good for 10 pounds of sugar, will be validated not later than August 1, 1947. This will assure householders of the full 35 pounds provided under the Sugar Control Extension Act of 1947.

#### May get even more...

Further good news on the sugar situation came in the statement by the Sugar Rationing Administration that the current improvement in sugar supplies indicates consumers may get even more sugar before the end of 1947.

#### Brief summary...

Here, for your information, is a brief summary of this year's sugar stamp situation as it stands today:

Spare Stamp No. 53, for five pounds, was made valid January 1 and expired on March 31.

Spare Stamp No. 11, for ten pounds, was made valid April 1 and will expire on October 31.

Spare Stamp No. 12, for ten pounds, was made valid May 26 and will expire on October 31.

### SERVING SPINACH AND SNAPS

Two of the good green vegetables you'll find in most markets right now are snap beans and spinach...the snap beans in generally good supply and the spinach plentiful.

They both make fine additions to springtime meals and are especially valuable because of their vitamin A content. The nutrition specialists remind us that the greener the leaf, pod and stem, the richer vegetables are in this valuable vitamin. It's one that can be stored in the body too, you know, for future benefit. Therefore, it's a very good idea to eat lots of green vegetables when they're plentiful, to add to the body's bank account of vitamin A.

#### Use fresh - cook fast...

Use up the snap beans and the spinach while they're good and fresh. As they wilt, the vitamins begin to vanish.

If they must be held for a day or two, keep them cool, damp and lightly covered. They should be piled loosely to prevent crushing. Wash them quickly, never soak, and lift from the water to free from sand and grit.



Briskly boiling, lightly salted water is right for cooking green beans. With leafy vegetables like spinach, use only the water that clings to the leaves.

Cover the saucepan to speed the cooking, cook only until tender, season simply ... with salt, pepper, and meat drippings or other fat and serve at once. If any pot liquor is left, use it in soup, gravy or a vegetable cocktail.

### Serving variations...

For variety, you might serve either the beans or the spinach with white sauce. And you can make this extra-special by pouring the creamed vegetable into a greased baking dish, topping with bread crumbs and baking until lightly brown.

For more food value and flavor, melt cheese in the white sauce or add sliced hard-cooked eggs. Sweet-sour green beans are unusual and delicious. They're easily prepared...just add a little vinegar and sweetened cream or evaporated milk to the cooked beans.

There's a very glamorous spinach dish...it's called spinach loaf, and here's how it's done: Prepare creamed spinach (or kale), adding a little chopped onion for flavor. Remove the center of a loaf of stale bread, leaving a shell for the creamed vegetable. (The crumbs can be used in puddings or other baked dishes.) Fill with hot vegetable mixture. Moisten the sides and top of the loaf, and bake until hot and crisp. Then cut in slices and serve.

## BEST FRESH FOOD BUYS

Big four in best fresh food buys in key southwest markets this week are potatoes, onions, carrots and oranges, U. S. Department of Agriculture's Production and Marketing Administration reports. Green beans and corn continue to show seasonal gains and grapefruit seasonal decline.

Other fruits and vegetables in fairly plentiful supply include cucumbers, locally-grown greens, cabbage, lemons, beets and squash.

## "Best buys" at key markets...

COLORADO: Denver.....apples, grapefruit, oranges, green beans,  
carrots, green corn, cucumbers, mustard  
greens, onions, spinach, sweet potatoes

KANSAS:           Manhattan.....asparagus, cabbage, potatoes, oranges,  
  grapefruit, lettuce

Topeka.....potatoes, grapefruit, lemons, limes,  
carrots, green beans, cucumbers, tomatoes,  
sweetpotatoes, spinach



LOUISIANA: Baton Rouge.....Irish potatoes, snap beans, carrots,  
oranges, grapefruit, green corn

New Orleans.....potatoes, onions, tomatoes, corn

MISSOURI: Kansas City.....mustard greens, spinach, radishes, green  
onions, carrots, oranges

NEW MEXICO: Alamogordo.....cabbage, spinach, radishes, onions,  
potatoes

Gallup.....potatoes, onions, cabbage

Las Cruces.....potatoes, onions, asparagus, carrots,  
cabbage, celery, oranges, grapefruit,  
turnips, lemons

TEXAS: Austin.....cucumbers, white and yellow squash,  
green beans, beets, white onions,  
carrots, corn, Irish potatoes, swiss  
chard, tomatoes

Dallas.....green beans, carrots, corn, onions,  
squash, greens, black-eyed peas,  
potatoes, oranges, tomatoes, lemons,  
celery, beets

Fort Worth.....onions, beets, green corn, squash,  
cucumbers, green beans, blackeyed peas,  
oranges, grapefruit



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**Southwest Edition**

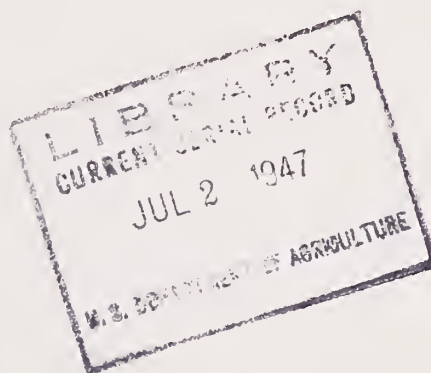
June 6, 1947  
No. 23

# Radio Round-up

A weekly service for Directors of  
Women's Radio Programs

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U. S. Department of Agriculture  
Radio Service

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## DAIRY SPECIALS

June has been designated as Dairy Month. And there's good reason for the industry to call this special attention to their products.

Milk production so far this year is a bit above 1946 levels, with May and June the peak production period of the year. Right now dairy products of all types are more available than they have been for several years.

### Prices fairly reasonable...

Butter and cheese prices are comparable with ceilings that prevailed at the end of the price control period. Some products, such as nonfat dry milk solids, are decidedly below former ceiling prices.

In fact, skim milk products...cottage cheese, buttermilk and flavored milk drinks, generally the most plentiful items in the dairy line-up...represent the most economical sources of animal protein, riboflavin and calcium in the diet.

### Nutritive value of cheese high...

At no time in history was the nutritive value of cheese more clearly demonstrated than during the war when military and Lend-Lease requirements took about 50 percent of the total production and as much as 70 percent in certain months.

Cheese production was expanded tremendously to fill needs and now civilians may take advantage of supplies that have been retained at a high level. Tangy, aged cheese, absent during the entire war and in the months since, is now coming back in ever greater quantities as more time has been afforded for the curing process. And our domestic cheese is available in greater variety, since the industry developed domestic types to replace foreign ones while imports were restricted. Cheese may well be considered an economical choice among the protein foods.

### Other products are plentiful...

Ice cream, a nutritive and refreshing food high on the American food preference list, is more plentiful and of higher quality than it has been for some time. Butter, also under wartime restrictions, is now decidedly in evidence again at grocery stores. All current production is for use by the home folks and there are no longer any government controls on amounts of production or on distribution.

And with great quantities of fluid milk produced in local milk sheds...that is, near large milk consuming areas...there is sufficient milk for fluid uses.

## JUNE DAIRY DELIGHTS

Since you'll probably tie up with the featuring of dairy foods during June ...here are a few serving suggestions which you may like to pass along to your listeners.

### Eggs and milk...

These two dairy foods harmonize so beautifully you'll want to make much of the combination throughout the summer months. For breakfast the eggs can be baked in cream...for luncheon, hard-cooked eggs in cream sauce will fill the bill, and so will an omelet with creamed vegetables or meat...at dinner a fluffy souffle can appear as an entree or dessert.

To make a simple fish dinner more interesting, try serving fried or baked fish with egg sauce. This is made by adding finely chopped hard-cooked eggs to a thin white sauce.

### Dessert ideas...

In the dessert department, custards are important with most families. Here's a variation everybody likes, and it's so good it's really worth the little extra effort required to prepare it:

#### Carmel custard...

3 cups milk	1/3 cup caramelized sirup
1/4 teaspoon salt	1 teaspoon vanilla
3 or 4 beaten eggs	

Heat milk over boiling water. Add salt to beaten eggs, and gradually add the milk to the egg mixture. Add caramel sirup and vanilla and pour into custard cups. Place in a pan of hot water and bake in a moderate oven (350 degrees F.) 25 to 35 minutes, or until custards are set...this will be when the point of a silver knife comes out clean.

To make caramelized sugar, melt 2/3 cup granulated sugar in frying pan over low heat, stirring constantly until melted and a rich brown. Add 2/3 cup hot water and continue to stir over heat until smooth and slightly thickened.

Two or three slices of peach may be placed in the bottom of the custard cup before pouring in either a plain or caramel custard mixture.

Plain custard can be dressed up a bit by topping each cup with a spoonful of jelly just before serving.

#### Soft custard...

This is an adaptable dessert...can be served plain, with a little cinnamon or nutmeg sprinkled over each dish...as the basis for a delicious Floating Island dessert...or as a sauce for fruit, gelatine, puddings or cake.

#### Bread or rice pudding...

These are two old favorites, and if they're made properly, everyone in the family will like them. You probably have your own pet recipes, but here's a basic one that's been tested by the food specialists of the U. S. Department of Agriculture:



3 cups milk  
2 cups soft bread crumbs  
or  
1-1/2 cups cooked rice  
1 tablespoon fat

1/3 cup sugar (increase to 1/2  
cup when using rice)  
1/4 teaspoon salt  
2 or 3 eggs, beaten

Heat the milk over boiling water. Add bread crumbs or rice, and fat. Add sugar and salt to beaten eggs, then gradually add milk mixture. Pour into a greased baking dish, set in a pan of hot water, and bake in a moderate oven (350 degrees F.) one hour or until set.

For variety, add 1/2 cup raisins or 1 teaspoon vanilla before baking, or serve with a jelly or orange sauce.

Cottage cheese is another important dairy food...that's on the June list of plentiful. Here's an interesting dessert idea you may like to include in menu suggestions this month:

#### Cottage cheese salad dessert...

Split a large pineapple in half lengthwise. Remove the core and cut out the pulp, leaving only the rind with a thin inside layer of fruit. Cut the pulp which has been removed in small cubes and wedges. Mix the pineapple cubes with about two cups cottage cheese, salted to taste, and pile lightly in the pineapple shell. Garnish with pineapple wedges and strawberries cut in halves. Serve at once, before pineapple juice makes the cheese watery. Serves six.

#### READY-TO-EAT-MEATS

These are the days when the little woman who's chief cook and bottle-washer occasionally wants to plan an easy meal. One way to do it is to feature luncheon meats, which are conveniently ready-to-serve, or canned meats.

These are in very good supply, right now, and according to information from trade sources, prices have been reduced within the last month or two.

#### Ways to serve are varied...

Almost everybody's familiar with the attractive platter of cold cuts which is often the piece de resistance at a cold luncheon or a buffet supper. It's well to remember, however, that those prepared meats are adaptable to hot service as well.

The family is likely to sit up and take notice when meat shortcake appears some night for dinner...made with luncheon meat, cubed and creamed, and served on split biscuits. This can be made more interesting if the white sauce is slightly flavored with herbs and a few cooked vegetables are added...peas and carrots, for instance, or strips of pimiento.

Luncheon meats can take their place in stuffed peppers too, and in cabbage rolls, turnovers and meat timbales...if they're put through the meat grinder first.

Have bologna cups...

And here's a way to be a bit different about potato salad and cold cuts... serve the salad in bologna cups. Large slices, cut a bit thicker than usual, can be heated in a frying pan just long enough to make the edges curl, so that they form cups...it will take only a minute or so. Then it's easy to arrange the bologna cups on a serving plate, fill them with the potato salad and top them off with a sprig of parsley.

On specially prepared franks...

Frankfurters team up beautifully with cold cuts and one interesting way of combining them is to wrap a piece of bologna around a frankfurter, fasten it with a toothpick, and brown the whole thing in a frying pan under the broiler.

Here's a way to fix franks so they're very special. Cut ribbons of pastry dough an inch thick and wrap them around each frankfurter in barberpole fashion. Then bake them in a hot oven or over the coals of the outside fireplace.

The flavor of sharp cheese and frankfurters blends well too, and everybody will like weinies prepared in this interesting style: Make a long split down the center of the frank and insert a thin wedge or slice of cheese. Broil or bake until the cheese is melted and brown.

Use leftovers, too...

Going back to the thought of cold cuts and salad...a good way of using up leftovers of luncheon meat is to cut them into cubes, mix with chopped celery, a little sweet pickle, and some salad dressing and serve them on a lettuce leaf. Or, if there's only a small amount of the luncheon meat left over, mix the cubes in with any vegetable salad, or with a jellied salad mixture, or use it to stuff tomato cups.

Most are federally inspected...

And by the way, you might remind your listeners that most luncheon meats and canned meats are federally inspected. The federal stamp, which reads "U. S. Inspected and Passed by Department of Agriculture", usually will be found on the outside wrapper, the package in which the meat is packed, or on the can.

CHEERS FOR THE CHERIMOYA

Maybe you've heard something about the cherimoya...and it's possible you'll be hearing lots more about it in the not too far distant future. In case you don't know, it's a delicious dessert fruit, long popular in the tropical Americas, which has been grown successfully in southern California in recent years.



Mark Twain sampled it years ago and described it as "deliciousness itself". Another writer described the flavor of the cherimoya as a masterpiece of nature. Sounds mouth-watering, doesn't it?

Shape and weight vary...

In appearance the fruit may be shaped variously...oval...conical...heart-shaped or somewhat irregular. In weight it ranges from a few ounces to five pounds. Sometimes the surface is smooth, sometimes rather rough.

The color is light green, the skin is thin and delicate, and the flesh creamy white, embedded with numerous brown seeds. The cherimoya requires careful handling to avoid bruising, which means it isn't a very good traveler. This explains why it's a comparative stranger in most markets.

Hardier varieties will be developed...

USDA's Office of Foreign Agricultural Relations tells us experiments are now underway to develop hardier varieties of this delectable fruit, which can be shipped more easily. However, with the establishment of quick-freezing plants close to the source of production...and with the development of air express...it may not be long before many more of us living in the temperate zone will become better acquainted with the cherimoya and other tropical fruits.

PLENTIFULS FOR JULY

The plentiful food list for July continues the featuring of several canned foods. As we explained last month, the packs of certain vegetables were greatly increased during the war to meet the needs of the armed forces. While the 1946-47 packs were reduced, the demand from consumers has been less than was expected, which has resulted in large carry-overs.

The canned vegetables in particularly plentiful supply are peas of standard grade, diced carrots and diced beets. The other canned foods on the July list are tomato juice, citrus juice and grapefruit segments.

The following foods are expected to be found in generous supply throughout the greater part of the country during the next month: fresh oranges and lemons, potatoes, sauerkraut, peanut butter, cottage cheese, and fresh and frozen fish, except shellfish.

During the next few months, as you know, fish landings are heavy. In addition, the cold storage holdings are large. All this means it should be easy to find plenty of fish at reasonable prices.

Several other foods are likely to be found in generous supply throughout most of the country during July. Because there is a certain amount of variation in the distribution, however, they have not been included on the official list of plentiful. These items are heavy turkeys, eggs, (especially those below Grade A,) frozen peas and frozen spinach. You may like to mention them in your broadcasts, after checking local supplies.



## HOME FOOD PRESERVATION WEEK

The week from June 22 to 28 has been designated Home Food Preservation Week, and you'll probably want to begin talking about it a little in advance. Just the same as last year, a special week is being set aside for this observance for the purpose of focusing the attention of homemakers on the importance of food conservation.

You might also point out to your listeners that home food preservation helps to improve the nutritive value and the variety of the meals they serve.

### Wartime gains should be maintained...

In making the announcement of this special week, Secretary of Agriculture Clinton P. Anderson said: "The wartime gains we have made in nutrition through home food preservation and other activities should be maintained and encouraged further. Through home food preservation, homemakers can assure more nutritious meals for their families the year around. This will help materially in improving national dietary standards. National Food Preservation Week will be a good time for the homemaker to make plans as to what foods she is going to preserve and how she is going to do it, from now on through the autumn months."

In this connection, we might mention that information about both home canning and home freezing has been given in a number of recent issues of RADIO ROUND-UP, and we believe you will find this helpful.

### Means saving of time and money next winter...

It's expected there will be abundant supplies of both home and commercially grown fruits and vegetables for home and community canning centers. Also, it's likely that this year's commercial packs of fruit and vegetables will be relatively heavy.

Home food preservation, however, will conserve food which might otherwise go to waste...will supplement supplies for individual families...and will mean a saving of both time and money to the homemaker in planning and preparing meals next winter.

Remind your listeners that they can take advantage of the nearest community canning center, in case home facilities aren't adequate. Arrangements for this should be made well in advance, however.

Another factor favorable to home canning this year is the increase in sugar supplies...at least 35 pounds for each person in the family compared with 25 pounds last year. As you know, Spare Stamp No. 12 for ten pounds became valid on May 26, and another stamp good for ten pounds will be validated not later than August 1st.

# BEST FRESH FOOD BUYS

Tomatoes, Irish potatoes and oranges lead the list of best fresh food buys this week in key markets of the southwest, according to U. S. Department of Agriculture's Production and Marketing Administration.

Other leaders include onions, carrots, lettuce and green beans. Also in relatively good supply are asparagus, squash, lemons and grapefruit.

## "Best buys" at key markets...

COLORADO:	<u>Denver</u> .....C-grade apples, white grapefruit, small oranges, asparagus, carrots, lettuce, onions, spinach, tomatoes, turnips
KANSAS:	<u>Manhattan</u> .....oranges, tomatoes, lettuce, cabbage, Irish potatoes, asparagus
	<u>Topeka</u> .....grapefruit, lemons, oranges, cauliflower, carrots, dry onions, new Irish potatoes, sweetpotatoes, tomatoes, corn, spinach
MISSOURI:	<u>Kansas City</u> .....homegrown spinach, mustard, asparagus, rhubarb, green beans, oranges
LOUISIANA:	<u>Baton Rouge</u> .....Irish potatoes, snap beans, carrots, grapefruit, lemons, cucumbers, squash
	<u>New Orleans</u> .....grapefruit, onions, Irish potatoes, tomatoes
NEW MEXICO:	<u>Gallup</u> .....tomatoes, lettuce, Irish potatoes, oranges
OKLAHOMA:	<u>Lawton</u> .....asparagus, Irish potatoes, radishes, peppers, cauliflower, celery, beets, tomatoes, squash, eggplant, onions, green beans, lettuce, spinach, cabbage, turnips, carrots, rhubarb, apples, oranges, lemons, grapefruit, strawberries
	<u>Oklahoma City</u> ....asparagus, green beans, black-eyed peas, cabbage, cauliflower, green corn, lettuce, onions, oranges, radishes, squash, sweet-potatoes, tomatoes
TEXAS:	<u>Austin</u> .....white and yellow squash, carrots, beets, cucumbers, Irish potatoes, white onions, swiss chard, parsley, lemons, black-eyed peas, oranges
	<u>Dallas</u> .....new Irish potatoes, white and yellow onions, green beans, black-eyed peas, white and yellow squash, greens, carrots, beets, cucumbers, tomatoes, corn, lettuce, lemons, cherries, apricots, cantaloupes
	<u>Fort Worth</u> .....lettuce, green corn, black-eyed peas, green beans, bunched beets and carrots

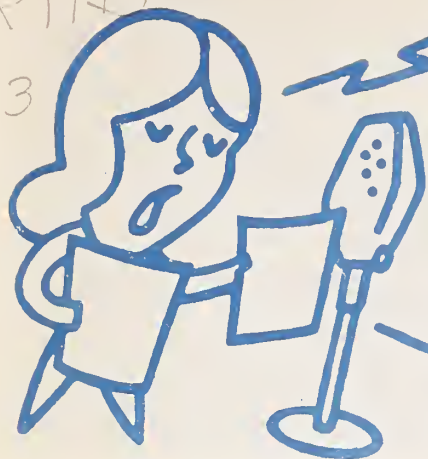




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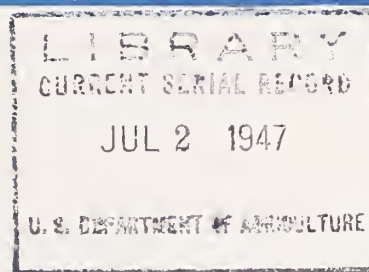
Southwest Edition

June 13, 1947  
No. 24



# Radio Round-up

A weekly service for Directors of  
Women's Radio Programs



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U. S. Department of Agriculture  
Radio Service

Address inquiries to:

Information Service -- Southwest Area  
Production & Marketing Administration  
U. S. Department of Agriculture  
423 Wilson Building, Dallas 1, Texas



## MEAT TO EXPECT

The U. S. Department of Agriculture men who keep track of what is happening to livestock production and marketing say that consumers can expect more meat the remainder of this year than they had the latter half of 1946.

### Beef and veal output high...

Beef and veal will make up more than half the total supply...a greater than normal proportion. Compared with offerings last summer, the output will not only be particularly large but distribution will be more even. We can also expect more "Choice" and "Good" graded steaks and roasts.

It seems that the majority of the cattle which have gone to market so far this year were "short fed"...on grain rations less than 120 days. Now, many cattle have been in feed lots longer and this makes for more of the juicy, tender cuts. Toward the end of summer the "long fed" cattle will be pretty well all sold and the bulk of our beef will then be grass-fat.

### Pork output smaller...

In contrast to the greater supply of beef, the summer output of pork will be smaller than last year. The 1946 fall pig crop was lower because of the feed situation and the urgent need to send grains abroad for relief purposes. In the late fall when many of the 1947 spring pigs are ready for market, pork supplies should increase to a level where they will make up about half of our total meat.

### Lamb and mutton output smaller too...

Lamb and mutton cuts are about a fifth below last year. For five years now the number of sheep and lambs have been going down. This happened because of labor costs and, in some areas, the competition from other farm enterprises. On January 1, 1947, for example, the number of sheep and lambs on farms was the smallest in 80 years of record.

The Department of Agriculture has recommended that farmers send fewer stock sheep to market...so there will be less lamb and mutton for sale than was available in the latter half of 1946. However, these two meats normally make up less than five percent of our total meat supply.

## ZERO SHIPMENTS

Homemakers who buy frozen strawberries or snap beans usually accept these modern products with little thought about the problem of keeping the food frozen while it's moving from the freezing plants to the stores.

You see, frozen foods should be kept at temperatures of around zero for proper protection during storage and distribution. At present, frozen foods are transported most successfully by ships and insulated trucks capable of holding cargo at around zero. So far, rail refrigerator cars have not been ideal for transporting frozen foods.



Ten to twenty degrees above zero are the lowest temperatures that ordinary refrigerator cars can achieve. So frozen foods have not been transported at the low temperatures maintained in cold storage warehouses.

An experimental refrigerator car was recently tested by the U. S. Department of Agriculture. This car gives promise that railroads may soon be able to haul frozen foods at zero temperatures. During the test, this new refrigerator car held a load of frozen food at or below zero for 10 days, in a laboratory heated to 90 degrees to simulate summer temperatures.

This car uses no ice. Instead it has an ammonia refrigeration system with no moving parts, and needs no power for operation. The cooling effect is produced by ammonia gas under pressure, which flows from tanks under the car, through coils in the ceiling to water tanks where the gas is absorbed.

### COUNT ON CHEESE

Cheese is a handy food package...from the standpoint of both nutrition and convenience. It fits into summertime meal plans beautifully...can be used in cold dishes as well as hot...can be served "as is", or made into sandwiches, or featured in salads and desserts. During June, which, you know, is Dairy Month, you may like to use some of the following suggestions regarding the use of cheese.

#### Serve toasted crackers...

Serve toasted cheese crackers with soups or salads or instead of a sweet dessert. They're easy to make...just grate the cheese or slice it thin. Spread on crackers and toast in the oven or under a low broiler flame until the cheese melts.

#### Untoasted sandwiches...

For untoasted sandwiches, grate cheese or cut it fine; mix with one of the following to make a sandwich filling: chopped onion, chopped carrot, chopped pickle, cooked beans, or finely cut celery. If you wish, put in a leaf of lettuce or tender cabbage.

#### French-toasted sandwiches...

Nobody needs instructions for making toasted cheese sandwiches, but some people may not know about the delicious French-toasted cheese sandwich. To make this, beat up one or two eggs with a cup of milk. Dip cheese sandwiches lightly into this, on both sides. Fry slowly in a little fat, browning on both sides.

#### Salads...

Many salads can be made more interesting by mixing in small bits of cheese. Try this with a tossed green vegetable salad, a potato salad or a kidney bean salad. Add grated cheese to salad dressing you serve over lettuce. Sprinkle cheese over beet slices.

### Desserts...

And for a happy mealtime ending, count on cheese for one of the easiest of desserts...just serve cheese and crackers with fruit, fresh, dried or canned.

### Nutrition note:

Cheese includes protein of the best quality, calcium needed for bones and teeth, riboflavin of the vitamin B family...and, if made from whole milk, contains vitamin A too.

### Cherish your cheese...

Don't waste any cheese...every little bit should be used. Cut off only as much as you need each time, then store the rest tightly wrapped in paper or clean cloth. Use promptly before cheese dries out. It may mold without spoiling. If this happens cut off the mold and use the rest.

### Use heat sparingly...

Go easy with the heat in cooking cheese. Let it cook slowly so that it melts completely and spreads the good cheese flavor through the whole dish. Cooked too quickly, cheese gets tough and stringy.

To speed up the melting and blending of cheese, it should be in small pieces before it's heated. Break it, grate it, slice it or shave it thin. Whenever possible, mix the cheese into a sauce before adding it to other ingredients.

## DETAILS ABOUT DDT

There's a new government booklet just out which might well become a best-seller. It explains in detail the use of DDT in the home and answers the questions many people are asking about the proper form of DDT to use for various household pests, the way in which to apply it, and the results to be expected. The instructions are in simplified form and are meant to guide the individual home owner or apartment dweller in the use of this valuable insecticide.

### Follow instructions implicitly...

The first page gives precautions in using DDT, and points out that it is a mild poison but is safe when used according to the following instructions:

1. Take ordinary precautions in handling and storing DDT insecticides.
2. Avoid applying it on eating utensils and food.
3. Store it out of reach of the children and where it will not be used by accident for flour, baking powder or similar foods.
4. Wash your hands when you have finished applying DDT.
5. Never use oil preparations of DDT on animals.
6. Do not spray oil solutions near open fires, because the oil may catch fire.
7. Remove from the room or cover house plants, fish and pets when applying DDT.



The booklet goes on from there to explain how DDT kills insects, gives a description of the different forms...liquids, residual sprays, space sprays, aerosols and dusts...and explains its use against specific pests, such as house flies, mosquitoes, roaches, fleas, ants, pantry pests and so on.

Order from U. S. Government Printing Office...

This latest information on the best use of DDT against household pests was prepared by USDA's Bureau of Entomology and Plant Quarantine and the United States Public Health Service. You'll notice we specified it might become a best-seller, which implies that it costs money, and so it does...5¢.

This pamphlet contains a lot of good information for a nickel...we think it would be money well spent. If you'd like a copy for yourself, or want to tell your listeners where they can get one, here's the info: Write the Superintendent of Documents, U. S. Government Printing Office, Washington 25, D. C.... not the Department of Agriculture or the Public Health Service. And don't forget to enclose the 5¢.

A BOOST FOR "B" EGGS

In last week's issue of RADIO ROUND-UP, we told you that eggs will be in generous supply throughout most of the country next month, particularly those that are less than Grade A. It appears, therefore, that this would be a good time for you to give Grade B eggs a boost.

Shell and size immaterial...

In the first place, perhaps you'd like to know what makes the difference between grades A and B. The color of the shell is immaterial and so is the size...large, medium and small eggs are found in all grades. However, the B egg may be a bit abnormal in shape, the air cell a little larger, and while the white must be reasonably firm and clear, the yolk may move freely and show slightly visible germ development.

When the egg is broken, it's easier to tell about the quality. The grade A egg spreads out over only a small area, the yolk is round, almost like a ball, and well centered, and the white is thick and clear. In a Grade B egg, the white is thinner and the yolk is rather flat. When broken, it tends to spread out quite a bit, and the yolk may break if the egg isn't carefully handled.

They help the budget...

All this means that the B egg isn't as attractive when it's poached or fried, but is just as satisfactory for scrambling with bacon, or making into an omelet with cheese or tomatoes. Maybe it won't be as good to use in custards or sponge cakes, where the delicate egg flavor is important...but you can combine it with other flavors, like chocolate or spice. And when Grade B eggs are used in dishes like pancakes, souffles, waffles, croquettes, puddings, cakes and cookies, they're just as taste-satisfying as the higher grade eggs. Furthermore, the price should be lower, a help to the budget.



Topeka.....grapefruit, oranges, lemons, cabbage,  
cauliflower, onions, Irish potatoes

MISSOURI: Kansas City.....cabbage, asparagus, rhubarb, lettuce, beets,  
turnips, strawberries, apricots, oranges

LOUISIANA: Baton Rouge.....Irish potatoes, snap beans, carrots,  
grapefruit, lemons, cucumbers, squash, corn

New Orleans.....grapefruit, lettuce, onions, tomatoes

OKLAHOMA: Oklahoma City....apples, asparagus, green beans, black-eyed  
peas, cabbage, cauliflower, lettuce, onions,  
oranges, Irish potatoes, tomatoes

TEXAS: Austin.....white squash, carrots, green beans, beets,  
cucumbers, Irish potatoes, white onions,  
Swiss chard, tomatoes, lemons, oranges

Dallas.....lettuce, squash, onions, beans, black-eyed  
peas, Irish potatoes, carrots, cucumbers,  
tomatoes, pepper, cauliflower, cabbage,  
oranges, cantaloupes, lemons, pineapple,  
cherries, plums, grapefruit, blackberries

Fort Worth.....onions, green beans, black-eyed peas,  
cucumbers, squash, pineapple, oranges,  
grapefruit

### CURRENT PRICE OF MEAT

Here are some remarks about retail prices of meat you might like to call to the attention of your listeners. They were made by Secretary of Agriculture Clinton P. Anderson, June 11, at a luncheon meeting of the Business Advisory Council held at the Mayflower Hotel, Washington, D. C.

Wide public notice has been given to certain statements to the effect meat export activities are causing sharp increases in retail prices of meat. There is no basis for such statements regarding current price rises.

Export shipments of meat from U. S. supplies are now so small they should have no significant effect on domestic meat prices, either at wholesale or retail levels. Allocations for commercial export during the current quarter...the April-June period...amount to only about 3 percent of U. S. production and are far below allocations for the same period last year.

In addition to the fact that current exports are so small as to have little if any direct effect on meat prices, the general meat supply situation is good. Furthermore, the prices farmers have been receiving for livestock in recent weeks does not warrant the sharp increases that have been reported in retail outlets.

Meat production in 1947 as a whole is estimated at 23 billion pounds, dressed weight. This would be the fourth largest output on record. Production for the current quarter earlier this spring was forecast at about 5 billion pounds, compared with 4.7 billion pounds produced in the April-June period of 1946. However, production has been running ahead of the estimate.



Actual production during the first 10 weeks of the quarter has been about 4 percent above the forecast. In fact, beef supplies are now running at record level. Very recently inspected output has been above expectations for this time of year. For example, in the week ended June 7, federally inspected production totaled 317 million pounds. This was 19 percent above production of preceding week when Memorial holiday occurred.

Second quarter allocation for commercial export totals about 155 million pounds. This, as stated before, is about 3 percent of total U. S. production forecast for quarter. Last year about 314 million pounds were allocated for export in the second quarter. Furthermore, buying by U. S. armed forces this year is drastically reduced below the level of last year. In fact, it has been running about 30 percent below last year's military purchases.

Thus, a proportionately larger share of a larger meat output is now available for U. S. market. It is possible to assure this large supply for domestic use, and to limit exports to foreign countries to the amount covered by their allocations through export control measures now in existence. It will be possible to continue this limitation on exports if such control is continued, as we have requested.

While the export allocation for the April-June period totals about 155 million pounds, it is estimated that only about 125 million pounds will actually be exported during the quarter. It has been the experience that when countries find their exchange resources tightening up, they naturally seek commodities such as cereals which will give them more nutritive units for money available.

Department officials have worked closely with representatives of foreign governments to assure that procurement would be spread throughout quarter and that no country would purchase an excessive amount of meat at any one time. For example, the British, with an 85 million pound allocation, have been required to limit their purchases to not more than 10 million pounds weekly.

Only a relatively small portion of the entire second quarter export allocation remains to be purchased before the end of June. Furthermore, principal purchases, to best of our knowledge, have been made in important Midwest packing centers.

In spite of heavy slaughter, and downward trend in livestock prices the past three months, there has been some upward trend in live animal prices the past couple of weeks. But little has occurred that would warrant sharp increases in retail prices of meat that have been reported the last few days.

Let me give you a few examples: Index of prices paid to farmers for all meat animals on March 15 stood at 345. (The index on August 1909-July 1914 parity basis is taken as 100.) On April 15, 1947 this index stood at 331 and by May 15...last date for which this figure is available...went down to 327. During the same period the average monthly market prices per 100 pounds of beef steers and hogs at Chicago were as follows:



	Hogs	Choice	Good	Beef Steers		All Grades
				Medium	Common	
March	27.10	26.92	24.05	21.82	17.74	23.30
April	23.49	25.88	23.45	21.04	17.33	22.93
May	22.24	25.92	24.22	22.01	17.97	24.06
Week Ended June 7	22.27	26.58	25.08	23.22	19.88	25.31

These facts, it seems to me, make it clear that increase in meat prices must be laid to factors other than small export allocation, large meat supply, and prices that farmers receive for their livestock. One of the important factors not to be overlooked is the continuing strong consumer demand for meat.

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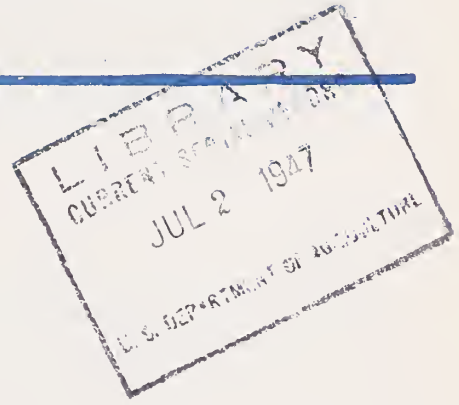
Southwest Edition

June 20, 1947  
No. 25



# Radio Round-up

A weekly service for Directors of  
Women's Radio Programs



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U. S. Department of Agriculture  
Radio Service

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## FROZEN STORAGE

Here are some more suggestions regarding the storage of frozen food in home freezers or locker plants...gleaned from the reports of Food Specialists working in various State Experiment Stations.

In the May 23rd RADIO ROUND-UP, the story "Cook and Freeze" gave several ideas we believe will be helpful, and the following points can apply to either cooked or uncooked frozen food.

### Labels...

We mentioned the importance of clear durable labels on food packages and the convenience of dating them. It's well to go still farther, though, and include some other helpful facts on these labels. For instance, the number of servings the package contains, the amount and kind of sweetening that's been used with a fruit, or perhaps the variety of a fruit or vegetable.

### Color...

There are several systems for locating frozen foods quickly in the home freezer or locker which involve the use of color. One way is to use different colored string, paper, or labels...red string to tie packages of beef, white for lamb, and so on. Mesh bags might be used to hold all the boxes of one kind of food.

### Map and inventory...

Maybe this sounds a bit technical, but it's been found that a map of the location of various foods in the locker, tacked on the wall nearby, is a good idea.

Anybody in the family can then locate the right box in a hurry, without a lot of fumbling, and the inventory will tell exactly how many and what kinds of frozen foods are in the locker all the time. This is simply a listing of foods as they go into the locker, on which they're checked off as they come out.

## POINTERS ON PRESERVATION

You know that the coming week, from June 22 to 28, has been designated Home Food Preservation Week (see RADIO ROUND-UP June 6) and very likely you have some appropriate features scheduled for your program. Don't forget, though, that frequent mention should be made of the importance of home food preservation throughout the growing season.

The purpose of setting aside one week for special observance is simply to concentrate attention on the continuing need for saving food in every way possible. During this week, you should emphasize the importance of well organized food preservation efforts throughout the summer and fall.

### Supply situation improved...

Tell your listeners that supplies of glass jars, jar rubbers and closures are substantially improved over recent years. So are supplies of pressure canners, retorts and other necessary equipment. Home freezers are appearing in stores in increasing quantities. More freezer locker space is becoming available.

In short, supplies and equipment for home food preservation are better this year than in any recent years.

Points to stress...

The following are good points to emphasize in any program that discusses this subject:

1. Explain the "why" of food preservation, stressing the nutritional benefits which come from home-preserved food and the family economics involved.
2. Urge that produce from home gardens not needed for immediate consumption be canned, frozen or stored for winter use.
3. Encourage greater buying and preserving of foods during periods of abundant supplies of good quality fresh produce.
4. Urge early purchase of canning supplies.
5. Recommend the use of only modern, tested methods of food preservation. Accidents, spoilage, and unnecessary loss of food value can result from the use of improper or inefficient methods. Give helpful information regarding different types of food and various methods of preservation.
6. Announce locations of community canning centers and sources of publications and other information on home canning and food preservation methods.

MAKING THE MOST OF MEAT

The June bride you're probably talking to fairly often these days is very likely up against the problem of planning meals on a budget...and it's quite possibly a brand-new experience for her.

Since meat takes up a large proportion of the food allowance in most families, she'll welcome a few suggestions about ways to make meat go farther and hints on making good use of all she buys.

Learn cuts and grades...

Tell her to be open-minded about using different cuts and kinds of meat and not to hesitate to try unfamiliar ones. She'll be wise to learn the different cuts of meat and the best uses for each, and to become familiar with meat grades.

Buy and store carefully...

For the small family in particular, it's good advice to buy only as much meat as can be used promptly, unless there's ample storage space in the refrigerator, and in this connection, warn the inexperienced housekeeper that uncooked meat should be placed in a refrigerator or other very cold storage space if it's to be kept longer than a few hours.

Cooked meat also needs careful storage, of course, and ground meat, cooked or uncooked, needs colder storage than any other, and cannot be kept so long.

### Cook properly...

When it comes to methods of cooking, tell the bride to cook meat the modern way, which means at moderate heat, and only until done. Meat cooked too fast or too long will lose more weight in cooking and won't taste as good.

She should learn the right method of cooking for various cuts and degrees of fatness. For instance, tender cuts of meat may be roasted or broiled, in an uncovered pan with no water added. Tougher cuts need long, slow cooking in a covered pan with water or steam.

### Vary serving styles...

Meat can be served in a variety of ways, to give new appetite appeal. For instance, stew can be made more interesting by serving it in meat pies, as a filling for hot biscuits, or by scalloping it with macaroni or spaghetti.

A plain pot roast is delicious when whole or halved vegetables are added during the last hour of cooking.

Ground meat can be turned into loaves as well as patties...can be combined with boiled rice, bread crumbs, mashed potatoes, or cooked cereal, to make it go farther.

Ground cooked meat can be made into croquettes, or the mixture used to stuff peppers, tomatoes, potatoes, eggplant or onions.

Leftover meat can be made into creamed mixtures, hash, scalloped dishes, hot or cold sandwiches or salads.

These are just a few general suggestions which will help the June bride..you doubtless have favorite recipes of your own which might be included in a program featuring meat.

### SPINACH SUGGESTIONS

Here's a hint about washing spinach which may be news to the younger, less experienced homemakers in your listening audience.

To get all the sand and grit out of the greens, it's best to use two bowls or pans of water, change the water occasionally, and don't try to wash too much spinach at a time. Lift the greens out of the water, back and forth between the two bowls. If the water is poured off, some of the sand is bound to cling to the leaves.

As we told you recently, spinach is fairly plentiful throughout the country and there are large stocks of the frozen variety on hand too.

Incidentally, the busy woman will welcome frozen spinach, because it's all ready to cook just as it comes from the package, and that's also true of the pre-packaged greens you'll find in many markets these days...all washed, trimmed, and packed in a transparent bag, ready to go into the cooking pan "as is."



## NEW FASHIONS IN HOUSE FROCKS

We believe you'll be interested in seeing sketches of four comfortable, convenient work dresses for the woman at home. They were designed by the Bureau of Human Nutrition and Home Economics and embody many fine features.

Miss Clarice Scott, the clothing specialist in charge of this work, points out that the ideal work dress gives complete freedom of movement, doesn't pull or bind anywhere and has no features that distract the wearer from her work.

In each you'll note there are no sleeves to rub the arm...no collars...no dangling ties or bows. They're designed to fit easily but not loose or over-size. Skirts are of the right length for comfort and safety.

You'll note too the pockets are at hand level and either the pocket or the opening is slanted, making it more convenient to slide the hand in and out.

These dresses are described as Wing-Style and get the name from the winged shoulder extensions used in place of sleeves. They give the wide-shouldered effect that's most generally becoming and do away with the necessity of padding. The material is double and stitched several times so the wings will hold their shape and crispness. There's also a new three-dimensional under-arm feature which gives the wing-style better fit.

The collarless necklines are made in becoming shapes and the front fastenings are well-planned and easy to manage. One is a pull-over dress, skillfully seamed so that it fits better and is more comfortable than the usual pull-over style. Each dress is convenient to get into and out of, also easy to wash and iron...and the clothing specialists assure us they're simple to make.

It should be remembered that fabric and workmanship have an important part in making house dresses satisfactory in every way. Even the color should be considered for other features besides becomingness. For instance, a colorful print with very little unbroken white ground will show wrinkles, spots and soil less readily than a print with much white in it, or a plain color. And most women find blues and greens especially satisfactory because they're restful, cool and clean-looking.

## BEST BUYS IN FRESH FRUITS AND VEGETABLES

Plentiful supplies of lettuce, onions, Irish potatoes and oranges lead the list of best fresh food buys in key markets of the southwest, according to U. S. Department of Agriculture's Production and Marketing Administration.

Other plentiful foods for the week include carrots, tomatoes, cabbage, snap beans, apricots and plums.

### "Best buys" at key markets...

COLORADO: Denver.....cabbage, carrots, lettuce, yellow onions, mustard greens, spinach, tomatoes, turnips, apples, apricots, oranges

LOUISIANA: Baton Rouge.....Irish potatoes, snap beans, carrots, lemons, cucumbers, squash, lettuce

New Orleans.....carrots, cabbage, lettuce, onions

MISSOURI: Kansas City.....cabbage, turnips, beets, lettuce, greens, apricots,  
oranges

NEW MEXICO: Las Cruces.....potatoes, watermelon, bananas

Alamagordo.....cabbage, onions, squash, okra, radishes, turnips

OKLAHOMA: Oklahoma City...beans, cabbage, carrots, celery, lemons, lettuce,  
onions, oranges, potatoes, tomatoes, turnips

TEXAS: Austin.....carrots, lettuce, Swiss chard, onions, squash, Irish  
potatoes, radishes, black-eyed peas, oranges,  
cantaloups, bananas

Amarillo.....onions, lettuce, beans, potatoes, carrots, cucumbers,  
tomatoes, lemons, oranges, pimeapple

Dallas.....beans, carrots, corn, cucumbers, lettuce, onions,  
potatoes, tomatoes, black-eyed peas, plums,  
cantaloups

Fort Worth.....cucumbers, squash, green beans, black-eyed peas,  
Irish potatoes, onions

## OFF RATIONING REASONING

Homemakers who can buy sugar for the first time in five years without benefit of a ration coupon may be wondering how plentiful our sugar stocks are. The supply for distribution for the rest of this year is adequate but not plentiful.

An indication that we still can't go overboard on demand is that industrial use of sugar is still rationed, and there are no present plans to remove these industrial use restrictions.

Record crop from Cuba...

Rationing for household use was ended because more sugar has been obtained from Cuba than was estimated when allocations were set up at the beginning of the year. Each month since February...when the Cuban sugar began to arrive in this country...the outrun has been more favorable.

A June sugar statement issued by the Cuban Sugar Stabilization Institute reported a record crop for the island. This improvement in yield meant more sugar for the United States and a number of other countries. Puerto Rico has also had a somewhat larger harvest than earlier estimated.

Allocations up...

As a result of improved supplies, the International Emergency Food Council recently recommended an allocation for the United States of 7,150,000 tons of sugar for 1947 use. This was 350,000 tons more than our earlier allocation of 6,800,000 tons.

Another thing to remember is that for the past six months, rationing controls were based on that smaller allocation. The larger allocation coming when the year is almost half gone makes our supply for the remaining months even more favorable...or at an annual rate of 7 1/2 million tons during the last half of this year.

#### GET AFTER THE GARDENERS

Encourage the home gardeners in your audience to go right ahead with garden plans, even though they've been delayed by adverse weather...that's the latest word from Paul C. Stark, Director of USDA's National Garden Program.

#### Some commercial crops lower...

He points out that successive plantings can be made throughout the summer, and that it's particularly important to do this because most commercial truck crops are expected to be smaller this year than last. This is true especially of green peas, cabbage, green lima beans, onions, eggplant and green peppers. On the other hand, commercial crops of snap beans and watermelons are expected to be larger.

#### Season later...

The season is generally from one to three weeks later, because of the rains and cool weather in large areas of the country. The delay has been particularly serious in Wisconsin, eastward across northern Illinois, central and northern Indiana, Michigan, Ohio and New York state.

Reports from State Extension Horticulturists in all sections of the country indicate that somewhat fewer home vegetable gardens have been planted this year than in 1946. Also, there's been a decided shift of interest to other types of gardening.

#### Talk up fruits and vegetables...

This, combined with the unfavorable weather, accounts for most of the decrease in the number of vegetable gardens. Nutrition authorities state that the average person doesn't eat enough fruits and vegetables, which makes it clear why home gardening should be encouraged.

In talking about this, you can add emphasis if you point out that the home garden can do a great deal also to help stretch the family dollar.

#### REPORT ON NATIONAL 4-H CLUB CAMP

You've probably heard that the 17th annual National 4-H Club Camp was held in Washington, D. C. during the week from June 11 to 18, inclusive. Representatives from 45 states and Puerto Rico attended...outstanding farm boys and girls chosen by their states for this trip.

#### On-the-spot course...

The name "camp" is a bit inaccurate, because this annual affair might better have been described as an on-the-spot course in citizenship. The objectives of this



yearly meeting were to help 4-H Club members learn of the work of the U. S. Department of Agriculture and other federal departments and to confer together regarding the development of a constructive rural leadership.

Notables speak...

The theme of the 1947 camp was "Serving as Citizens in Our Representative Government." This theme in its various phases was discussed by such national figures as Secretary of Agriculture Clinton P. Anderson, Attorney General Tom Clark, Justice Rutledge of The Supreme Court, and others.

Also included in the activities were visits to USDA's Research Center at Beltsville, Maryland, attendance at congressional hearings, trips to the Tomb of the Unknown Soldier, to Mt. Vernon and other points of interest in and near Washington.

Local radio material...

It's possible you've already heard reports from some of these young people, as they've taken part in broadcasts on three of the major networks and have made a number of transcriptions for local use. If any of these 4-H delegates live in your area, you might like to have them as guests on your own program. You can get information about them from the nearest county agent.



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**Southwest Edition**

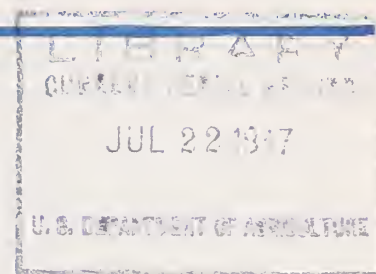
June 27, 1947  
No. 26



# Radio Round-up

A weekly service for Directors of  
Women's Radio Programs

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U. S. Department of Agriculture  
Radio Service

Address inquiries to:

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## CHICKEN...SUMMER STANDBY

Right now, and in the weeks to come, you may want to tell your listeners they're likely to see a good many older birds at the poultry counter in the market...hens that the poultry producers are culling from their flocks.

They'll be much larger than the broilers and fryers we've been enjoying throughout the spring, of course, and the price per pound probably lower. The wise food-shopper, and the one who's watching her budget, will make good use of these birds by stewing or steaming them, removing the meat from the bones and using it as the basis of many delicious summertime meals, both hot and cold.

Hot dishes include savory creamed chicken, chicken a la king, chicken loaf, croquettes, souffle, risotto, chop suey and a variety of chicken soups. On the cold side there's chicken mousse, jellied chicken and the familiar but always welcome salad and sandwiches.

The inexperienced cook may need instructions in the right way to cook these older birds so that the flesh is juicy and full of flavor. Here's what the food specialists of USDA have to say on the subject.

### Stewing and steaming...

Long, slow cooking in water or steam will soften the connective tissue of old birds and make them tender. They can be cooked whole or in pieces. When cooked whole, the bird should be drawn and groomed as for roasting. To stew, place on a rack in a kettle half filled with lightly salted water. Partly cover and simmer until the bird is tender...do not boil. Turn the bird occasionally so that it will cook evenly throughout.

To steam, follow the same general method...but keep the bird breast up all the time and add water only to the level of the rack. As the water boils away, add more to keep a good circulation of steam around the bird all the time. A fowl will probably need three to four hours to cook tender by stewing or steaming.

Meat cooked in water or steamed is juicier if allowed to cool in the broth than if served at once. If possible, let it stand in the broth, breast down, for an hour or more. The cooling should be done in as cold a place as possible because warm broth spoils easily.

### Keep chicken cold...

Poultry is very perishable food and spoils easily, so if it's not going to be served immediately, it should be chilled and held at refrigerator temperature until time to serve. Left-overs should be cooled quickly, placed in the refrigerator as soon as possible, and not be removed until time to use them.

### Yield...

The yield of cooked meat varies with the weight of birds...the larger the bird the greater the proportion of meat to bone. Cut into small pieces, the cooked lean meat from a four to five pound fowl usually measures from three to four cups.

### Chicken salad...

Here's a good basic recipe for chicken salad, which can appear at many summer-time meals in many styles...on crisp lettuce, in tomato cups, piled inside long rolls from which the crumbs have been scraped out, or as a filling for sandwiches.

To three cups of cooked chicken, cut into small, even pieces, add thick salad dressing. Let stand in a cold place for several hours, then shortly before serving add two cups of cut celery and more salad dressing if needed. Season to taste with salt.

As a variation, add one-fourth cup capers when the chicken and celery are combined. Hard-cooked eggs, sliced or cut in quarters, may be used as a garnish or mixed with the salad to make it go further.

Chicken salad can be made more flavorful by marinating the chopped chicken for several hours before mixing it with the celery and dressing. For the marinade (a form of French dressing) remove one-half cup of fat from the chicken broth, add an equal quantity of vinegar seasoned with onion, tabasco sauce and salt.

### NEW CROP HONEY

New crop orange honey from Florida and California is now on the market in certain areas of the country. There's also citrus honey moving from the Rio Grande Valley of Texas. Alfalfa honey from the Salt River Valley of Arizona and the Imperial Valley of California and other stocks from southern and middle-Atlantic States are also being marketed.

Cold spring weather had delayed the activity of bees in northern and central states.

### Prices reduced...

Large honey packers have cut prices of honey several times since the beginning of the year. While prices are not at pre-war levels, they are definitely below those prevailing at this time last year.



## DRIED SOYBEANS BEST

Since we've learned the good news about soybeans...that they're fine eating for men as well as for animals...many a home garden sports a crop of vegetable soybeans. And homemakers who want to enjoy the distinctive flavor of soybeans all year 'round have been preserving them both by canning and drying.

In this connection, you may like to know that dehydration has been found the most satisfactory means of preserving green vegetable soybeans. Experiments by the plant scientists of USDA show that the green-dried beans rate higher than canned soyas in flavor, in color and texture. And the mature dry soybeans provide more food value at lower cost than either the green-dried or canned beans.

### Flavor comparisons...

In these tests, 16 varieties of vegetable soyas were scored for color, texture, flavor and desirability when dehydrated or canned while immature and when allowed to become mature and dry on the plants.

The character and quality of the flavor differ considerably in the three products. Dehydrated green beans retain the characteristic flavor of fresh vegetables with little alteration. Canning preserves the food value but changes the flavor. And the mature dried beans lose all resemblance to the fresh vegetable in flavor but gain a nut-like quality which is attractive and palatable.

### Points on drying...

The tests show that soybeans are best for dehydration at the point when they're ready to be used fresh. Green beans blanched before drying have a better flavor than those dried without blanching. Eight minutes or more of blanching are required to give a nice firm texture...the blanching period can be extended up to 16 minutes without loss of quality. Green dried soyas can be cooked satisfactorily without steam pressure.

As for the best varieties of soybeans for dehydrating or canning, the tests showed the differences to be very slight.

## PEACH PICKIN'

The 1947 peach crop is expected to be the biggest ever...over 89 million bushels compared with some 86-1/2 million bushels last year and a 10-year average of 63 million.

### Larger fresh supply expected...

Spring freeze damage hit a few eastern and midwestern producing states but prospects from those areas are still for a relatively large crop. And peach production in the 10 leading southern states is estimated to be at least 50 percent greater than average. The western states expect a crop 42 percent above average. While a large part of the western crop is processed, the supply which may enter the fresh market should be greater than usual.

Southern peaches already being marketed will be at peak supply during the latter part of July and first half of August. Northern and midwestern peaches will be plentiful during the latter half of August and early September.

#### Early crop delayed...

The big crop may create some marketing problems, especially in eastern areas. Because of the late spring, the last of the Georgia crop will be marketed when shipments from the Carolinas and from Arkansas are at their peak. Ordinarily the Georgia season is pretty well over before the supply of Carolina peaches becomes heavy.

### PEACH POINTERS

Elsewhere in this issue we give you the figures on the 1947 peach crop, which indicate there will be plenty of peaches both for eating and for preserving. Here are a few pointers on peaches from USDA's Bureau of Human Nutrition and Home Economics, which you'll find helpful when you're featuring peaches on your program.

#### Nutrition note...

Peaches are nutritious as well as delicious...at the peak of ripeness they offer a fair amount of vitamin C. In addition to this, yellow-fleshed peaches are a good source of vitamin A.

#### Serving suggestions...

There's hardly any fruit more delectable than a juicy peach eaten out of hand unless it's sliced into a dish and covered with cream or top milk. Furthermore, peaches are fine in a fruit cup, alone or with other fruits...combined with raspberries or blackberries...sliced on top of cereal, hot or cold. Then there are refreshing summer salads featuring peaches...plain, combined with cottage or cream cheese, or mixed with other fruits.

And here's a hint about using up cream that sours in hot weather...salad dressings with sour cream as the fat ingredient are particularly good with fruit.

#### Desserts that please...

When it comes to cool summer desserts, try peach melba, or use sliced peaches or peach sauce on a serving of vanilla ice cream. Peach ice cream and other frozen desserts are favorites with every member of the family. On the other side of the picture are such hot desserts as baked or stewed peaches, peach cobbler, pie or shortcake.

#### Preparing the peach...

Ripe peaches should be kept in a cool place until used...spread them out to avoid bruising. If they're a little on the green side, let them ripen at room temperature. For easy peeling, dip the fruit in boiling water for a



minute or two, then quickly into cold water, and skins will slip easily. A pinch of salt adds to the flavor in cooked fruit. And speaking of cooking, cooking peaches in a light sirup will help them keep firm.

Points on preservation...

Peaches for home and community canning, freezing, drying or preserves should be table-ripe, firm and perfect. It's well to remember that the background color (not the pink blush on the cheek of the peach) indicates ripeness. For table-ripe fruit, choose peaches with yellow or yellow-white ground, not green, and put up the fruit promptly. Softer fruits, if sound, are good for peach butter or jam. For pickles, slightly underripe peaches are best.

No pressure canner required...

Remind your listeners that peaches are easy to can, because no steam pressure canner is required. They're safely canned in a boiling water bath canner. Either the hot or cold pack method can be used. The hot pack uses less jar space...about one more serving can be put into a quart jar than when peaches are packed raw. On the other hand, raw-packed peaches hold their shape better. There's a difference in flavor between peaches packed hot and cold, but it's a matter of taste as to which is better.

Peach Fact Sheet available...

Additional information about peaches, including instructions for freezing and canning, may be obtained from the Fact Sheet on peaches to be issued this week. This will be available to the directors of women's programs upon request to the area office from which RADIO ROUND-UP is mailed. The address is on the cover.

BEST FRESH FOOD BUYS

Lettuce leads the list of best fresh food buys at key southwest markets this week with plentiful supplies reasonably priced, according to U. S. Department of Agriculture's Production and Marketing Administration. Other good vegetable buys include tomatoes, onions, carrots and cabbage.

Cantaloupes and small size oranges are the best fruit selections.

"Best buys" at key markets...

COLORADO:	<u>Denver</u> .....apricots, cantaloupes, grapefruit, oranges, cabbage, carrots, lettuce, onions, peas, tomatoes, turnips
LOUISIANA:	<u>Baton Rouge</u> .....Irish potatoes, snap beans, carrots, lemons, cucumbers, squash, lettuce, black-eyed peas
	<u>New Orleans</u> .....lettuce, cantaloupes, tomatoes, onions
MISSOURI:	<u>Kansas City</u> .....cabbage, lettuce, turnips, beets, apricots, pineapples



OKLAHOMA: Oklahoma City..., beans, cabbage, cantaloupes, green corn,  
lemons, lettuce, oranges, Irish potatoes,  
turnips

TEXAS: Dallas.....cantaloupes, black-eyed peas, lettuce,  
tomatoes, oranges, green peppers, carrots,  
onions

Fort Worth.....lettuce, cantaloupes, cucumbers, squash,  
sweet peppers, oranges

## RADIO ROUND-UP

We're very sorry to tell you that this is the last copy of RADIO ROUND-UP you will receive. Budget cuts and other factors have forced not only reductions in staff but complete discontinuance of many of the U. S. Department of Agriculture's consumer services.

As many of you will recall, RADIO ROUND-UP came into existence five years ago, in June, 1942. This weekly service was started at the request of radio broadcasters, who, early in the war, found a great need for authoritative background information on food supplies, rationing restrictions and related subjects.

The scope of ROUND-UP was expanded to a Department-wide basis to cover many subjects of general interest to the homemaker and every effort has been made to meet the wishes of broadcasters for this information. Judging from the comments we have received from many of you, it has been of considerable help in program planning and writing.

In saying good-bye, we wish to thank you for the kind words which you've often said about ROUND-UP, and express the hope that the radio service of USDA may be able to serve you again at some time in the future. This office will undoubtedly be able to serve you in many helpful ways.